



# Notes from the FRSA

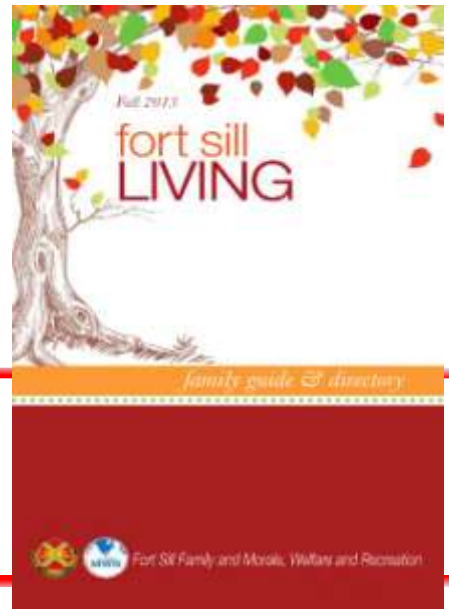


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## 1. September 2013 SillFACTS

[www.sillmwr.com/Forms/sillfactsMTG.pdf](http://www.sillmwr.com/Forms/sillfactsMTG.pdf) or <http://tinyurl.com/7zb2qpl>

- September SillFACTS Agenda
- Apache Gate Road Improvements
- Graham Resiliency Training Campus Renovations
- Devil Dog Run
- Body vs Earth Triathlon
- Fort Sill's Army Ten-Miler Shadow Run
- Fort Sill Fall Post Wide Garage Sale
- IHG Army Hotels
- RACH Update
- RACH Flu Vaccination Schedule
- Oktoberfest 2013
- Army Family Action Plan Conference FY 2014
- Better Opportunities for Single Soldiers (BOSS)
- Team Sill – Oklahoma Pride Excellence in Education Award (2012-2013 School Year)
- Army Partnership with Local Area Schools (APLAS)
- Babysitting Course
- Hearts Apart
- Sibshops
- AFTB 2013 Fall Schedule
- Nye Library September 2013 Newsletter
- 2013 Men & Women Armed Forces Softball Tournament
- Buffalo Burger Cookout
- Active Duty Bowling League
- FMWR Key Events
- Team Sill Leadership Academy
- Corvias Military Housing
- Jewish High Holy Day Services
- REConnect
- West Nile Virus Fact Sheet
- Dental Assistant Apprenticeship Program
- PWOC Bible Study
- Fort Sill Thrift Shop
- ASYMCA's Soldier's Closet
- Patriot Spouses Club Aloha Luncheon
- Patriot Spouses Club PX Christmas Wrapping Event
- Commissary Hours
- AFAP Issue Submission Form



## 2. Fort Sill Living – Fall Guide 2013

<http://fortsillfamilyandmwr.uberflip.com/i/162558>

or <http://tinyurl.com/kp9klct>

## 3. Red River Family Magazine

A great resource for finding family friendly activities in the Lawton/Fort Sill community.

September 2013

<http://redriver.uberflip.com/i/164520>

Red River website: [www.redriverfamily.com](http://www.redriverfamily.com)

#### ★ 4. Fort Sill's Newcomer's Start Right Orientation ★

This orientation is held every Tuesday from 1:00pm-3:30pm at the Graham Resiliency Training Campus, 2934 Marcy Road. Please arrive and be seated in the room no later than 12:45pm. The orientation is free and is required for active duty Soldiers, Staff Sergeant and below, Warrant Officer 1, and 2<sup>nd</sup> Lieutenants. Family members are invited and encouraged to attend. It is the first afternoon of several days of briefings and training. Wednesday morning are topics from the risk reduction arena that discuss some of the issues facing Soldiers and Families here. Then, Wednesday afternoon through Friday morning, Resiliency Training is conducted. Friday afternoon finishes the training for first duty station Soldiers E4 and below, with financial training. **Family members are welcome and encouraged to attend any and all of these offerings. FREE child care is offered Tuesday afternoon only with the completion of a single form completed on site.** A variety of installation agencies are represented and brief about their programs and services. If you are new to Fort Sill, come to the newcomer's briefings. For more information, call 580-442-4916 or 442-0653.

# Fort Sill Newcomer's Orientation





## Welcome to Fort Sill!

**Tuesdays • 1 - 3:30 pm**  
**Graham Resiliency Training Campus**  
**for Soldiers and their Family Members**

**1:45 - 2:15 pm Organizational representatives  
are on site to answer questions.**

**Free childcare available.**

**Please call 442-4916 for more information.**





# 2013 AFTB Fall Schedule

## Level K

(Formerly Level I)

### **“Knowledge”**

Learn about Military Acronyms and Terms, Chain of Command, Military Social Functions, Military and Civilian Resources, and Family Readiness Groups.

~~September 4 - 5~~

November 6 - 7

**Who:** Soldiers, Family Members, and DA Civilians

**Where:** AFTB Training Center,  
2719 Bragg Road

\*All class times are 9:00am to 3:30pm.

\*Free Child Care is available on a first come, first serve basis. To ensure availability, call three weeks in advance to register.

## Level G

(Formerly Level II)

### **“Growth”**

Improve Communication skills, Conflict Management, Personal Relationships, Time Management, Problem Solving, Overcoming Stress, explore Personality Traits and Successful Team Dynamics.

~~September 17 - 19~~

## Level L

(Formerly Level III)

### **“Leadership”**

Expand Leadership Skills by Examining your Leadership Style, Resolving Conflict, Supporting Others through Coaching and Mentoring and Team Dynamics.

November 19—21

**Call (580) 442-2039/2382**  
**to register!**



## Mobilization and Deployment Program

### FY 2013 & 2014 Family Readiness Group Training



DATE	CLASS	TIME	LOCATION
21-Aug-13	FRG Leadership Training	0900 - 1530	GRTC
<del>18-Sep-13</del>	<del>Commander &amp; RD Roles</del>	<del>0900 - 1530</del>	<del>GRTC</del>
26-Sep-13	CARE Team	0900 - 1000 / 1730 - 1830	GRTC
23-Oct-13	* Informal Funds / Fundraising	1300 - 1500 / 1800 - 2000	TBD
12-Nov-13	Key Caller	0900 - 1030 / 1800 - 1930	GRTC
13-Nov-13	* FRG Leadership Training	0900 - 1530	TBD
20-Nov-13	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
8-Jan-14	* FRG Leadership Training	0930 - 1530	TBD
18-Feb-14	* Informal Funds / Fundraising	1300 - 1500 / 1800 - 2000	TBD
19-Feb-14	Key Caller	1800 - 1930	GRTC
4-Mar-14	Key Caller	0900 - 1030	GRTC
11-Mar-14	Commander & RDC Roles	0900 - 1530	GRTC
19-Mar-14	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
16-Apr-14	FRSA Role	0900 - 1530	GRTC
23-Apr-14	Informal Funds / Fundraising	0900 - 1100 / 1800 - 2000	GRTC
7-May-14	FRG Leadership Training	0900 - 1530	GRTC
14-May-14	* Key Caller	0900 - 1030	TBD
4-Jun-14	* CARE Team	0900 - 1100	TBD
6-Jun-14	Key Caller	1800 - 1930	GRTC
10-Jun-14	Informal Funds / Fundraising	1800 - 2000	GRTC
16-Jul-14	Commander & RDC Roles	0900 - 1530	GRTC
17-Jul-14	FRG Leadership Training	0900 - 1530	GRTC
19-Aug-14	* Informal Funds / Fundraising	0900 - 1100 / 1800 - 2000	TBD
17-Sep-14	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
24-Sep-14	Key Caller	0900 - 1030	GRTC

All classes will be held at the Graham Resiliency Training Campus, 2934 Marcy Road, EXCEPT the classes labeled with an asterisk (\*). The locations for these classes are to be determined.

All students MUST pre-register by contacting Willie Byrd at 442-0359 / [willie.byrd@us.army.mil](mailto:willie.byrd@us.army.mil).

As it stands right now, child care is available for ACS offered classes/trainings. Because of the historically low usage for MOB-DEP class attendance and the high community demand for hourly child care, attendees wanting to utilize ACS funded child care for MOB-DEP classes should make their own arrangements via telephone or online up to 2 weeks in advance with CYSS. Attendees will need to inform CYSS that it is for an ACS MOB-DEP training; they have the schedule.

\*\* We have received guidance, due to the current fiscal situation, that classes without at least 10 people registered will likely be cancelled. Please register ASAP for the training you would like to attend.

## 7. Military Child Education Coalition eNews August 2013

<http://tinyurl.com/ne5wbzy>

To view previous issues of the newsletter, please click on either link below:

[www.militarychild.org/news-and-events/enews](http://www.militarychild.org/news-and-events/enews)

or

<http://tinyurl.com/b2o5tnt>



## 8. CYSS CDC Closures

FY 14 - CYSS waiting for approval

## 9. TRADOC Weekly Newsletter

The latest edition of TRADOC This Week includes news from across the command.

[www.tradoc.army.mil/ttw](http://www.tradoc.army.mil/ttw)

- > Reflection of 9/11
- > Stand-To! Unified Quest 2013: Deep Future Wargame
- > MCoE CG discusses leader development
- > Industry days focus on future at MSCoE
- > ARCIC Exclusive: Earlier, better analyses in support of program requirements







## 10. Food Sanitation Trainings (Food Handler's Certification)



Preventive Medicine conducts the Food Sanitation Trainings every first Tuesday of the month at 1000 and another one at 1730 in their classroom located at 2775 Ringgold Road. **The classes are on a first come, first served basis and they only have 30 seats available.** People attending the training WILL NOT have to take a test anymore. The upcoming classes are scheduled on **1 Oct** and **5 Nov**. If you have any questions, you may contact SGT Smith at 442-3175.

## 11. Holidays and Observances:

- **Gold Star Mother's Day** – 29 Sep
- **Child Health Day** – 7 Oct
- **Leif Erikson Day** – 9 Oct
- **Molly Pitcher's Birthday** – 13 Oct
- **Columbus Day** – 14 Oct
- **White Cane Safety Day** – 15 Oct
- **Boss's Day** – 16 Oct
- **Mule Day** – 26 Oct
- **Mother-in-Law Day** – 27 Oct
- **Halloween** – 31 Oct
- **Daylight Saving Time ends** – 3 Nov; move time 1 hour back
- **Veteran's Day** – 11 Nov
- **Thanksgiving & First day of Hanukkah** – 28 Nov
- **Black Friday** – 29 Nov
- **Cyber Monday** – 2 Dec
- **Last Day of Hanukkah** – 5 Dec
- **Pearl Harbor Remembrance Day** – 7 Dec
- **Feast of the Immaculate Conception** – 8 Dec
- **Wright Brother's Day & Pan American Aviation Day** – 17 Dec



## 12. CYSS Parent Advisory Committee

The Parent Advisory Committee is a volunteer parent group established to further the connection between home, your child, the Fort Sill Child, Youth & School Services and your child/youth's classroom and teachers. Meetings are currently held on a quarterly basis. Please check with your facility director for more information concerning PAC meeting locations and/or becoming a PAC board member.

## 13. CYSS Parent Participation Program

This is a volunteer program established to allow patrons to earn free reduction for volunteering a minimum of 10 hours generally in their child or youth's program or on behalf of the entire CYSS program. Participation points may be accumulated from month to month until the parent earns 10 points to receive a 10% reduction on one month's fee for one child. If a parent has earned 20 points, then the 10% fee reduction may be applied for one child over a two-month period or used for two separate children during the same month.

## 14. RecPlex Friday Night Movies

Watch movies at the RecPlex every Friday night with Friday Night Movies from 5:00pm-7:30pm. Free popcorn is available. For more information, please call 442-4824/6539.



A Family Readiness Group (FRG) is an organization of Family members, volunteers, Soldiers and civilian employees belonging to an Army command. They provide support, assistance and a network of information among its members, the unit and community agencies. Unit FRGs consist of all assigned and attached Soldiers, their spouses, children, extended families, fiancés, boyfriends or girlfriends and retirees. Even interested community members are welcome as well.

For spouses and family members, being active in an FRG will help give a sense of belonging to the unit and the Army community—the Army family. It will also provide you with a way to develop friendships, share important information, find needed Army resources and share moral support during any unit deployments. It is while your Soldier is TDY (temporary duty), a Drill Sergeant, an Instructor, stationed at an installation away from their family, during the preparation for deployment, during the deployment itself, and in the homecoming that FRGs best show their full value.

The FRGs help every family to keep up to date on what is going on, and in addition to sharing information, the group chooses goals and activities centered on supporting Soldiers and families. It's a great way to learn about your Soldier's unit and his or her coworkers, to obtain accurate and up-to-date unit information, to meet with other spouses, to enjoy planned social activities, and to learn about resources available to you.

If you don't know who your FRG Leader is, please contact your Family Readiness Support Assistant (FRSA) to get connected.



16.

## ***Soul to Soul***

***Autoimmune Support Group***

***Meets every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the  
month at 11:00***

***CCMH in Maple Room 1  
(next to the cafeteria)***

***All sufferers of autoimmune diseases  
are welcome (military and civilian)***

***POC: Kara Spencer (580) 678-4414 or  
Tina Smoley (580) 713-9606***

**Comanche County Memorial Hospital  
3401 West Gore Boulevard, Lawton**

17.

## **Fort Sill Dental Activity American Red Cross**

# **Dental Assistant Apprenticeship Program**

• Applications available thru the DENTAC HQ  
and the RACH Red Cross Office beginning 16 SEP 13

• Application deadline is 15 NOV 13

• Program Start: 7 JAN 14



**American Red Cross**



18. By Order of the Commanding General, US Army Fires Center of Excellence and Fort Sill, the establishments listed below are off limits to protect the health, safety, morale, welfare and discipline of service members. These orders are based upon recommendations from the Western Oklahoma Area Joint Service Armed Forces Disciplinary Control Board and under the authority of the Commanding General and the Sponsoring Commander of the Western Oklahoma Area Joint Service Armed Forces Disciplinary Control Board. This board includes representatives from Fort Sill, Altus, Vance, Sheppard, and Tinker Air Force Bases

These orders apply to all military personnel assigned to, attached to, or in a temporary duty status at military units or installations in Oklahoma, Arkansas, and north Texas. Soldiers, Marines, airmen and seamen who violate this order may be subject to disciplinary actions under the Uniform Code of Military Justice or to adverse administrative action.

- Addiction Ink, 1612 Pearlie Dr., Wichita Falls, TX
- BS Unlimited, 420 SW 59<sup>th</sup> St., Oklahoma City, OK
- Chief's Smokin' Icehouse, 1315 SW Lee Blvd, Lawton, OK
- Club Chameleon (Club Inferno), 2611 Plaza Pkwy., #304, Wichita Falls, TX
- Eastside Smoke Shop, 2005 E Gore Blvd., Lawton, OK
- FatHedz, 8912 S. Western, Oklahoma City, OK
- Foxy Lady, 411 North Scott Ave., Wichita Falls, TX
- Half Price Novelties, 2610 Pollard Rd., Lawton, OK
- Lynn's Books, Body Jewelry, etc., 1904 NW Ferris Ave., Lawton OK
- Mr. Coolz, 7808 S Western & 3200 N May Ave., #A, Oklahoma City, OK
- Outter Limits, 7092 MacArthur Blvd., Oklahoma City, OK
- Pipe Dreamz, 107 S. Sooner Rd., Oklahoma City, OK
- Platinum Gentlemen's Club, 12402 NW Old Cache Rd., Lawton, OK
- Puff and Stuff, 4401 NW Cache Rd. #A, Lawton, OK
- Qwik-N-Go, 2213 NW Sheridan Rd., Lawton, OK
- The Other Place, 605 SW Lee Blvd., Lawton, OK
- Studio E Club (formerly Village Vanguard), 2400 Sheppard Access Rd., Wichita Falls, TX
- Tommy's House of Music, 110 East Scott Ave., Wichita Falls, TX
- Zagman's Interesting Gifts, 2818 NW Sheridan Rd., Lawton, OK
- Ziggy's Smoke Shop, 2228 S. Air Depot Boulevard & 924 SW 59<sup>th</sup> St., Oklahoma City, OK

Orders regarding these establishments remain in effect despite changes in ownership, management, or name. Removal of the restriction will be considered by the Armed Forces Disciplinary Control Board upon presentation of information that satisfactory corrective action has been taken. Correspondence appealing this action may be submitted to the President, Armed Forces Disciplinary Control Board, ATTN: WE-SIL-ES, Building 1643, Randolph Road, Fort Sill, Oklahoma 73503.



19. Patriot Club First Tuesday Lunches - next lunch is on 1 Oct.

## Patriot Club Lunch Buffet

First Tuesday of every Month, 11:30 am - 1:00 pm

*Enjoy an All-You-Can-Eat Buffet  
featuring an assortment of  
homestyle hot entrees, salads and desserts*

\$8.50 per member  
\$9.50 per non-member  
includes drinks






500 Upton Road • 442-5300

20.



**ACS Playgroups**  
Monday thru Thursday 9:30 – 10:30 a.m.  
Parents and Children Ages 5 and Under

**Explorers Club**  
Every Tuesday 1:30 – 2:30 p.m.  
Parents and Children Ages 3 – 5 Years Old

**Gartenzwerge Kinderschule**  
Every Friday 9:30 – 11:30 a.m.  
German Speaking Playgroup for Parents and  
Children Ages 5 and Under





**Caravan Club**  
Monthly Educational Field Trip  
Parents and Children Ages 3 – 5 Years Old  
As announced on the ACS Facebook Page

**For more information call (580) 442-4916**  
 Playgroups and Explorers Club meet every week at the  
 Graham Resiliency Training Campus at 2934 Marcy Road  
 For a list of current events and classes visit us on FaceBook at  
[www.facebook.com/FortSillACS](http://www.facebook.com/FortSillACS)





21.

## Are you pregnant or breastfeeding?

Join La Leche League and New Parent Support for a Breastfeeding Support Group. An accredited Leader & experienced nursing mother will be present & prepared to answer your questions.

- What: La Leche League Breastfeeding Support Group
- Where: Graham Resiliency Training Campus, 2934 Marcy Road, Ft Sill, OK
- When: ~~2nd~~ <sup>4th</sup> Thursday of every month at 12:30
- Who: Pregnant women, breastfeeding moms and their babies, and any interested women



### Topics:

- The advantages of breastfeeding
- Coming home with baby
- The art of breastfeeding and avoiding difficulties
- Nutrition during breastfeeding



Group size is limited to provide individualized attention to each breastfeeding Mom. Space available on a first come, first served basis.

For more information contact 580-442-4916 or [samantha.latchley.ctr@mail.mil](mailto:samantha.latchley.ctr@mail.mil)

22.

## Attention Dads and Moms with Infants...

We have a tool to help:

Reduce baby fussiness  
Bond with your baby  
Relax with your baby  
Increase baby's digestion, muscle tone and circulation!



**What:** Infant Massage Group  
**When:** Every Wednesday, 11:00 am  
**Who:** Parents & Children birth to crawling  
**Where:** Graham Resiliency Training Campus, 2934 Marcy Road, Explorers Room  
**What to bring:** baby blanket and towel. Massage oil will be provided.  
**Why:** Recipients of infant massage receive a lifetime worth of benefits



RSVP on our events tab at:  
[www.Facebook.com/FortSillACS](http://www.Facebook.com/FortSillACS)  
[www.SillMWR.com](http://www.SillMWR.com)  
580-442-4916



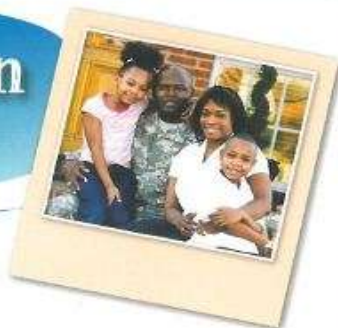
## 23. Tutor.com is FREE for Military Families

Access to Tutor.com for U.S. Military Families is available 24/7 using any internet-enabled device, including smart phones. Our expert tutors are certified professionals who are available online 24/7 to assist children and college students with homework, studying, test prep, and more, whenever they need it. This program is funded by the Department of Defense MWR Library Program, the Navy General Library Program and the Yellow Ribbon Reintegration Program. can provide one-to-one help with math, English, science, social studies and more. This program is free for eligible military families.

[www.tutor.com/military](http://www.tutor.com/military)

# Tutor.com for Students in U.S. Military Families!

24/7 Online Tutoring and Homework Help Free for  
Army, Marine Corps, Navy and Air Force Families



With Tutor.com, students connect with a professional tutor for a one-to-one learning session the moment they need help. This timely, efficient and individualized instruction helps students get their homework done and come to school ready to learn. Our tutors ensure that students understand the key concepts so they can keep moving on the road toward college.

There is no cost to schools and no paperwork required. Eligible students in U.S. military families can access Tutor.com for free at [www.tutor.com/military](http://www.tutor.com/military).

### 24/7 Access to Academic Help

Thousands of professional tutors are available online 24/7. Our secure, online classroom, with real-time chat and an interactive whiteboard, gives students a trusted place to turn whenever and wherever they need extra help.

### Differentiated Instruction and Targeted Tutoring

Targeted tutoring leverages the student's current question to reinforce the key concepts taught in class. Our tutors incorporate teaching strategies for learning how to learn, while helping each student with his/her immediate class assignment.

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#### Subjects you can get help in:

##### MATH

Algebra  
Geometry  
Trigonometry  
Calculus  
Statistics

##### SCIENCE

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Biology  
Chemistry  
Physics

##### ENGLISH

Essay Writing  
Grammar  
Literature

##### SOCIAL STUDIES

U.S. History  
World History

##### STANDARDIZED TESTS

SAT, ACT, PSAT/NMSQT and IB  
Advanced Placement (AP®)  
State Standardized Tests



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800-411-1970 for more information.

*"This is a great help for me and my brother because our dad is away and cannot help us with our homework. This helps A LOT! Thank you!" —U.S. military student*



tutor.com



This program is provided by the Department of Defense. Go to [www.tutor.com/military/get-access](http://www.tutor.com/military/get-access) to see a complete list of who is eligible to access the program.



# Financial Resources for Military Families

## Better Business Bureau

([www.bbb.org](http://www.bbb.org)) helps you check out businesses in your new hometown or online and works to resolve complaints. BBB Military Line ([www.bbb.org/military](http://www.bbb.org/military)) specializes in consumer alerts, financial education and resources for members of the military.

## Investor Protection Trust

([www.investorprotection.org](http://www.investorprotection.org)) provides information about investing and protecting your money, including an excellent guide to help you get started in investing ([www.investorprotection.org/learn](http://www.investorprotection.org/learn)). Look for special educational resources for the military.

## Defense Credit Union Council

([www.dccu.org](http://www.dccu.org)) includes contact information for credit unions on base and other financial information for servicemembers.

## ClearPoint Credit Counseling Solutions

([www.clearpointcreditcounselingsolutions.org](http://www.clearpointcreditcounselingsolutions.org)) offers budget, housing and debt-counseling resources.

## SaveandInvest.org

alerts military families to active scams, includes advice on saving and investing, and provides resources for checking out advisers.

## MilitaryMoney.com

offers advice on all aspects of personal finance for military families, plus links to discount and support programs.

## MilitarySaves.org

focuses on strategies for building savings and reducing debt, and includes inspirational stories from servicemembers who make savings a priority. The site also highlights special programs during Military Saves Week (the last week in February).

**MyMoney.gov** includes helpful information from a variety of government resources about budgeting, taxes, homeownership and credit, and how to avoid scams.

## MilitaryOneSource.com

is a clearinghouse for information related to all things military, including deployment, legal rights and finances.

## Consumer Financial Protection Bureau

Servicemembers' section ([www.consumerfinance.gov/servicemembers](http://www.consumerfinance.gov/servicemembers)) includes resources specifically designed to help members of the military plan for the future and protect their finances.

## The Securities and Exchange Commission's

military site ([www.sec.gov/investor/military.shtml](http://www.sec.gov/investor/military.shtml)) offers warnings about scams targeting members of the military as well as general investor education and tips on how to check out a broker.

## North American Securities Administrators Association

([www.nasaa.org](http://www.nasaa.org)) includes links to state securities regulators, tips on avoiding scams and other helpful information for investors.

## Department of Veterans Affairs SGLI

([www.insurance.va.gov/sglISite/default.htm](http://www.insurance.va.gov/sglISite/default.htm)).

This site offers in-depth information about Servicemembers' Group Life Insurance.

**TSP.gov** features details about the Thrift Savings Plan for military personnel.

## Defense Finance and Accounting Service

([www.dfas.mil](http://www.dfas.mil)) includes information about active military and retiree pay, benefits and savings.

## National Association of Insurance Commissioners

([www.naic.org/consumer\\_military\\_insurance.htm](http://www.naic.org/consumer_military_insurance.htm)). This site focuses on insurance issues for members of the military, and includes contact information for insurance regulators.

## Armed Forces Legal Assistance

(<http://legalassistance.law.af.mil>) includes a search tool to help you find legal-assistance offices at nearby bases.

## Military Homefront

([www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)). This Department of Defense Web site highlights resources and benefits for military families.

## MyArmyBenefits

(<http://myarmybenefits.us.army.mil>) includes information about military pay and benefits, transition information and tax rules.

## IRS Armed Forces Tax Guide

([www.irs.gov](http://www.irs.gov)) explains special tax rules that can benefit military personnel.

## U.S. Department of Justice

([www.servicemembers.gov](http://www.servicemembers.gov)) provides details on special legal rights for members of the military and veterans.

## Military.com

focuses on pay and benefits, financial issues, preparing for deployment and transitioning out of the military.

## National Military Family Association

([www.militaryfamily.org](http://www.militaryfamily.org)) features resources to help families make the most of their benefits, prepare for deployment and cope with financial issues.

## Armed Forces Crossroads

([www.afcrossroads.com](http://www.afcrossroads.com)) covers benefits, deployment, relocation and other issues.

## VA Loans

This Department of Veterans Affairs site ([www.homeloans.va.gov](http://www.homeloans.va.gov)) includes detailed information on VA loans.

## Kiplinger.com

provides timely advice and information to help with all areas of personal finance, from saving and investing to insurance, taxes, homeownership and financial planning. ★

## ADDITIONAL RESOURCES

You'll find helpful information about benefits and support for military families at these sites.

**Air Force** ([www.afcommunity.af.mil](http://www.afcommunity.af.mil))

**Army** ([www.myarmyonesource.com](http://www.myarmyonesource.com))

**Army Reserve** ([www.arfp.org](http://www.arfp.org))

**Coast Guard** ([www.uscg.mil/worklife](http://www.uscg.mil/worklife))

**Marine Corps** ([www.usmc-mccs.org](http://www.usmc-mccs.org))

**Navy** ([www.nffsp.org](http://www.nffsp.org))

**National Guard** ([www.nationalguard.mil](http://www.nationalguard.mil)),

**Joint Services Support** ([www.jointservicesupport.org](http://www.jointservicesupport.org))

**Reserve Affairs** (<http://ra.defense.gov>)





## Fort Sill Army Emergency Relief (AER)

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to Soldiers and Families.

### Assistance Categories \*

- Telephone bill (Cell & Landlines)
- Rent-utilities (less cable)
  - Emergency travel
  - Food
- Essential vehicle repair/ Auto Payment
  - Funeral expenses
  - Child care
  - Medical/dental expenses
  - Fire/disaster
  - Personal needs (If no pay due)
    - Replacement Vehicles
- Repair of HVAC (Heating, Ventilation, and Air Conditioning)
  - Purchase/Repair Stove or refrigerators
  - Child Car Seats
  - Travel Funds for Relocation
  - Dental for AD (If not covered by TRICARE)
- Dental for Dependents of AD & Retired Soldiers (Limited and Reasonable)
  - Cranial Helmets
- Furniture (initial household upon PCS or newly married)

*\* Assistance may be in form of a loan or a grant or combination based on financial hardship and ability to repay the loan.*

For additional information on assistance eligibility  
and the application process, contact your

Unit Command Financial NCO or AER at (580) 442-4916.

Don't forget to check out all of the great things happening in Family and MWR; visit our  
website at: <http://www.sillmwr.com/>

# AWC Health Performance Nutrition Fitness

## ARMY Wellness Center

### AWC and YOU

*You set the goals; the AWC staff puts you on the health path to achieving them and walks the path with you.*

Programs are **FREE!**  
From private sources this testing would cost you about \$3000

### Who do we serve?

U.S. Army Soldier  
Family Member  
Retiree  
DA Civilian

- Medical Referral, APFT Failure, Unit Referral, Self-Referral

**AWC**  
ARMY Wellness Center  
**Fort Sill**

Building 2868 Craig Road  
Ft. Sill, OK 73503

**Make Your Appointment Today!**

**Call: (580)442-0680**



Stress Reduction with Biofeedback



## ***What are your goals?***

Weight Loss  
Increasing Physical Activity  
Improving Body Composition  
Decreasing Your Risk for Disease  
Better eating habits  
Stress Management  
Tobacco Education

***It is our mission at the AWC to help you achieve your goals!***



# Looking for a good deal?

The Thrift Shop is a store where military, retirees & dependents can go to consign unwanted items to be sold to the public. You get 75% of the selling price, we donate our profits back to the military community. We have great buys on housewares, appliances, furniture, baby items, toys, and much more. Everybody wins at the

## Thrift Shop on Ft. Sill

**Bldg. 1713 (Former Class Six Store)**

**Phone 355-8731**

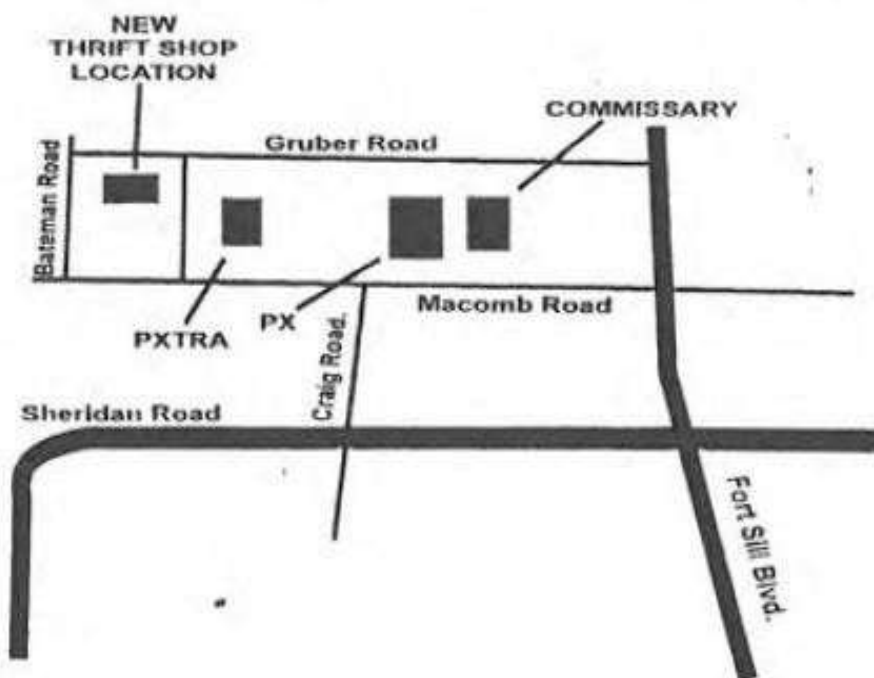
### Operating Hours:

Tue.- Fri. 9a.m. - 1p.m., Sat. 9 a.m. - 2p.m.

### Consignment Hours:

Tue.- Fri. 9-11a.m. Military in uniform 11:30-12:30

Furniture: Sat. 9a.m. - 2p.m. (by appointment only)





28.

**Armed Services YMCA**

# Soldier's Closet

2875 Craig Road  
Fort Sill

442-6771

*E5+ Below*

Open  
Tuesday & Wednesday  
10:30-1:30

Volunteer Operated!

**Serving Those Who Serve America**

**Armed Services YMCA**

29.

Visit our Army & IHG Rewards Club member [Sign Up](#) | [Home](#) | [Customer Care](#) | [Sign Out](#)

Book online or call: 1.877.711.TEAM

[Reservations](#) | [Institutions](#) | [About IHG Army Hotels](#) | [IHG Rewards Club](#)

We're excited to provide the award of IHG Rewards Club [Sign up now](#)

**Redefining On-Post Hotels**

Destination:

Check in to (e.g. Aug-15-2013)  Check Out to (e.g. Aug-20-2013)

Adults  Children  Rooms

Travel Type: ☒ Official ☐ Unofficial

Group Code:

Find IHG Army Hotels at these on-post locations nationwide:

## • IHGArmyHotels.com

- Book your stay at any of the 39 IHG Army Hotels locations online with our convenient 24/7 central reservation system
- Find information about special rates and promotions

## • 1.877.711.TEAM

- Specially trained reservationists available 24/7

30.



**SAVE TIME  
WITH  
TRICARE ONLINE!**

**TOL allows you to:**

- Schedule and cancel appointments for you & your family
- Receive email and text message appointment reminders
- Refill and check the status of your prescriptions
- View or download your personal health data via the Blue Button
- Link to 'secure messaging' to communicate with your health team






**3 New Easy Ways to Log on to TOL**

CAC  
DS LOGON  
DFAS MyPay Account

Go to  today!

31.

**ARMY PUBLIC HEALTH NURSING  
OUTREACH CLINIC**

- CONFIDENTIAL SEXUALLY TRANSMITTED INFECTION TESTING
- TOBACCO CESSATION ENROLLMENT
- CHILD SERVICES MEDICAL REVIEW

**NO APPOINTMENT NEEDED**  
**Check in at Team Integrity**  
**Tuesdays & Thursdays 0800-1600**  
**INFO - 442-2061**

32.

# Don't trash it...Return it!



## Army Provider Level Satisfaction Survey

APLSS is a confidential survey mailed randomly to patients after medical appointments. It is a great way for you to rate the services you received during your visit with us.

### How Do Returned Surveys Benefit You?

- » Your voice is heard by leadership
- » Your responses are reviewed to determine what is important to you
- » Returned surveys are tied to funds we can use to improve services



**Soldiers, Retirees and Family Members**  
You are important to us and we are listening!

**The next time you receive a survey –  
please take a few minutes to complete it so  
we can better serve you.**

33.

# DID YOU KNOW!

## **RACH has a Nurse Walk-in Clinic**

- . Sore Throats
- . Urinary Tract Infections (UTI )
- &
- Physician Ordered Items:
  - . Blood Pressure Checks
  - . B12 Injections
  - . Testosterone Injections
  - . Wound Checks
  - . Suture Removals

The Nurse Clinic is located in your  
Family Medical Home Team  
Monday—Friday  
0800-1100 & 1300-1530

*Another Way for us to Serve You!*



34.

**ARMY FAMILY ACTION PLAN**

## **“The Voice of the Army” What Can AFAP Do for You?**

**AFAP is input from the people of the Army to Army leadership.**

**AFAP is dedicated to improving the quality of life for all military personnel (Active, Reserve, Guard, Retiree), family members, and DOD employees.**

### **How to Submit an Issue...**

**1. Army One Source,  
<https://www.myarmyonesource.com>  
(Family Programs and Services,  
AFAP Issue Management)**

**2. Contact Merilee Nevins, AFAP  
Program Manager, 442-2039**

**3. AFAP issue boxes located  
throughout community (June—Aug.).**

**[www.myarmyonesource.com](http://www.myarmyonesource.com)**



35. AFAP is looking for volunteers for the 2013 AFAP Conference in October!

They are in need of:

- Facilitators
- Recorders
- Transcribers
- Issue Support
- General Volunteers

Please contact Merilee Nevins, the AFAP/AFTB Program Manager, at [merilee.k.nevins.civ@mail.mil](mailto:merilee.k.nevins.civ@mail.mil) or 442-2039 for more information.

# FORT SILL ARMY FAMILY ACTION PLAN

## ISSUE SUBMISSION FORM

1. **Issue Title:** ( In a few words, **describe** what the problem is that affects your quality of life at Fort Sill and/or in the Army?)

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2. **Scope:** (Tell us **about** the issue; **why** it's a problem; **who** it affects)

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3. **Recommendation:** (Tell us **what** we should do to fix it)

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4. **Submitter's Name/Phone/E-mail:** (This information is kept confidential. You will only be contacted if your issue is unclear and needs clarification.)

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Note: Army Family Action Plan addresses quality of life issues that have a Fort Sill and/or Army wide impact. You may drop off the issue to any of the AFAP containers located around the community, ACS, or submit your issues online at <http://www.myarmyonesource.com>.

Customer service concerns should be submitted through the Interactive Customer Evaluation (ICE) <http://ice.disa.mil> or the chain of command.





**NYE LIBRARY  
PRESENTS**

# THE TATTLER

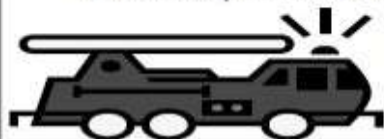
Volume 7, Issue 9

September 2013

**Hours of Operation:**  
Mon—Thurs: 10-8pm      Fri—Sun: 10-5pm  
CLOSED FEDERAL HOLIDAYS  
442-2048/3806

## FIRE DEPARTMENT VISIT

Join us **September 7th** from **1:00-2:30pm** to meet some real fireman, tour a fire truck, learn about fire safety, make crafts, listen to a story, and play games!



Guardians will need to sign a permission form allowing children to tour the fire truck; permission forms will be available upon arrival. Guardians must remain with their children at all times.

## Lunch & Learn Safari Database Training

Join us on Sept. 27th @ 11:30am for a **FREE** lunch (provided) and an opportunity to learn about the Safari Database Nye Library offers the Ft. Sill community. We will be navigating the Safari Database on shared laptops while we enjoy a provided lunch!

- Please sign-up at the circulation desk by Sept. 26th! Space is limited to 25 individuals.



## BOOK CLUB

Please join the Nye Library Book Club which is conducted on the first Sunday of the month from **2 - 4pm**. (Unless it is a Holiday weekend). The book we are discussing on **September 8th** is **A Discovery of Witches** by **Deborah Harkness**. Please bring book recommendations! Snacks provided.

## STORYTIMES: 11am Wed. & 2pm Thur.

Join us every **Wednesday at 11am** or **Thursday at 2pm** for stories, fun activities, and cute crafts. The programs will be the same both days. Story Times are available for children up to preschool age. It's never too early to start visiting the library!

## FREE COMPUTER CLASSES, 1pm

We now offer a **FREE** computer class once a quarter (once every 3 months) Please feel free to recommend future subject matter to the instructor. Class topics are currently under review. Please check back with us at 442-3806 for updates. We will offer a class in January, April, July, and October.

## PUPPET THEATRE

Our puppet performance will be **Friday, September 13 @ 11am** at Nye Library. After the show we will make a craft related to the show. Please join us for some fantastic fun! Puppet shows will be once a month so mark your calendars.

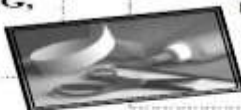
## Check us out online:

Webpage: <http://www.sillmwr.com/recreation-leisure/nye-library>  
Online Catalog: <http://mylibraryus.armybiznet.com/search~S47>  
Like us on Facebook: Fort Sill Family & MWR Recreation



**PROCTORING**

Our proctoring services have been reduced to evening and weekend hours. Please contact the Education Center at 442-3201 as you primary proctoring agency.

**FAXING,  
SCANNING,  
PRINTING,  
&  
COPIES****FAMILY FUN**

Looking for something to do with your children? Ask about our family friendly programs at the front desk. We have story times, puppet shows, Summer Reading Programs, & more!

**Wii & MEDIA ROOMS**

Borrow remotes, controllers, and games or DVDs at the front desk. Children under 18 must be accompanied by a guardian.

**DID  
YOU  
KNOW?****FREE DOWNLOADS**

Want to listen to eMusic & eAudiobooks; Want to watch eVideos, read eBooks & eMagazines? Ask about access to the Library Electronic database and Zinio and browse for whatever interests you!

**WIFI & INTERNET  
ACCESS**

Need to check AKO, Facebook, or do research? We have free wifi for personal computers and a computer lab. Drop by the Computer Assistance desk for details.

**STUDY/MEETING  
ROOMS**

No place to meet? We offer small study rooms & larger meeting rooms for patron use. Ask at the front desk for details. Meeting rooms can hold 26 people each.

**Audio Books**

We now have Playaways in addition to fiction and non-fiction CD Books in the juvenile, young adult, and adult collections.

**Language Learning Resources**

Rosetta Stone is available for use in our Language Lab. Ask for details at the circulation desk. Also available are language materials for checkout, including books and audio discs. Try the Transparent Language service found on our Online Catalog. You will have to create a username and pin at the circulation desk before accessing the Transparent Language site.

We embrace the Covenant 3 for Customer Service: We will provide a Warm Welcome, Focused Attention, and a Sincere "Thank You" for your support of our Family and MWR programs. If you feel you did not receive the Covenant 3, please let a member of the team know so we can do bet-

**NYE LIBRARY  
SEPTEMBER CALENDAR OF EVENTS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED Labor Day	3	4 Storytime 11am	5 Storytime 2pm	6	7 Fire Dept. Visit 1pm
8 Book Club 2-4pm: <u>Discovery of Witches</u> by Deborah	9	10	11 Storytime 11am	12 Storytime 2pm	13 Puppet Show 11am	14
15	16	17	18 Storytime 11am	19 Storytime 2pm	20	21
22	23	24	25 Storytime 11am	26 Storytime 2pm	27 Safari Database Training 11:30 Lunch & Learn	28
29	30					

## LIBRARY MUSINGS



**VISION STATEMENT:**  
All people in our community value & use the Lawton Public Library.

**MISSION STATEMENT:**  
Provide opportunities to engage in life-long learning.

Stay up-to-date by liking "Lawton Public Library, Municipal City of Lawton" on Facebook.



**SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH!**  
GET YOUR LIBRARY CARD TODAY!



**LUDOL DENG**  
Two-time NBA all star of the Chicago Bulls and Honorary Chair

A program of the American Library Association

**BOOKFACE CONTEST**  
September 1 – 30  
All Ages



Become a model for literacy during this year's Library Card Sign-Up Month & enter the Lawton Public Library's Bookface Contest!

Grab a book, take a picture, & share your photo so we can promote Lawton Public Library! You might even win a prize thanks to the Friends of the Library. The Library will be accepting submissions during the month of September. We will display the photos on the Library's website & the winners will be announced on the Library's web page.



### Contest Rules

- Contestants can enter multiple times.
- All ages are allowed to submit Bookface photos.
- All submissions must be electronically submitted through the Library's Facebook page or by email to [librarynews@cityof.lawton.ok.us](mailto:librarynews@cityof.lawton.ok.us)
- Contestants agree that photos will be used by the Lawton Public Library for publicity purposes.

### Extra Hints & Tips

Try holding the book closer or farther away from the camera. You may need a friend to hold the book. Feel free to dress like the photo or do your hair to match. Don't be afraid to try another camera angle. It is all about getting the right camera perspective.

### Inspiration

[librarybookface.tumblr.com](http://librarybookface.tumblr.com) & [ironlibrary.weebly.com/bookface-photo-contest.html](http://ironlibrary.weebly.com/bookface-photo-contest.html)

Both libraries will be closed Monday, September 2, in observance of Labor Day. The library catalog & databases will still be available online at [cityof.lawton.ok.us/library](http://cityof.lawton.ok.us/library)

All programs are as the Main Library unless otherwise indicated.

Library programs are generously sponsored by the:



*Friends of the Lawton Public Library*

Library Musings

PAGE 1

## CHILDREN'S CORNER

### GET LOOSE WITH MOTHER GOOSE

Every Thursday @ 9:30 am - 10:00 am  
Ages 0 - 3 & caregivers

This special story time focuses on early childhood development skills in babies/toddlers by reading, rhyming, playing & so much more!

### READ & ROMP!

Every Thursday @ 10:30 am - 11:00 am  
Ages 2 - 6 & caregivers

Weekly story times include stories, singing, & play time. Start the love of libraries early.

### THIRD TUESDAY THINK TANK

Tuesday, September 17 @ 4:30 pm - 5:30 pm  
Grades 2 - Grades 6

For games & programs that make you think! Are you ready for some fun? Think about it!



## TEEN ZONE

### TEEN BOOK CLUB

Tuesday, September 24 @ 6:30 pm - 7:00 pm  
Grades 7 - Grades 12

This month's book is *Between Shades of Gray*, by Ruta Sepetys. Come discuss the book over pizza & pop. Books for the next month will be handed out at the end of the meeting.



### SURVIVAL SATURDAY 4 TEENS

Saturday, September 7 @ 3:00 pm - 4:00 pm

Fun, creative projects & ideas that will fire up your imagination & prime your brain for maximum survival potential.

### TALK LIKE A PIRATE DAY!

Thursday, September 19  
All Ages

Ahoy mates! Any of you who swagger into the library talking like a pirate will get a pirate tattoo. Practice your lingo for the Library!



### NEED HOMEWORK HELP?

Check out Brainfuse HelpNow for students in elementary school through college! HelpNow is an online resource with skill building exercises, test prep help, a writing lab, foreign language lab, test practice center (SAT, ACT, GED, & more), question center, & live tutor assistance! Go to the library's webpage for login details.



PAGE 2

Library Musings



## ADULTS

**ADULT BOOK CLUB**  
Tuesday, September 10 @ 6:00 pm – 7:00 pm  
The book for September is *Killing Lincoln* by Bill O'Reilly

**FUTURE READS**  
Tuesday, October 8: *V is for Vengeance* by Sue Grafton  
Tuesday, November 12: *Batter off Dead* by Tamar Myers

**SOUTHWEST OKLAHOMA GENEALOGICAL SOCIETY (SWOGS)**  
Monday, September 16  
6:30 pm – 7:30 pm  
This month's meeting will feature local author David Rollins, who wrote *Sunset Peak* which is a mystery novel set in the Wichita Mountains. He will be talking about the local history

**LET'S TALK ABOUT IT OKLAHOMA EXPERIENCE: THE 1930S**  
Tuesday, September 17  
6:00 pm – 7:30 pm  
Read the book & participate in a scholar-led monthly discussion. Copies of books are available from the Main Library.

The September book is *Roughneck* by Jim Thompson. Discussion is facilitated by Dr. Judy Neale.

Let's Talk About It!

Books, services, & other materials for this series are provided by Let's Talk about It, Oklahoma, a project of the Oklahoma Humanities Council with funding from the National Endowment for the Humanities. Funding for this series was provided by grants from the Inasmuch Foundation & Kirkpatrick Family Fund. Any views, findings, conclusions, or recommendations expressed in these programs do not

**INTERNATIONAL FESTIVAL @ ELMER THOMAS PARK**  
Friday - Sunday, September 27, 28, 29  
Support the Friends of the Library by purchasing water, pop, & juice from the Friends of the Library booths. Want to volunteer to work the booths? Please call David Snider 580-345-7266. For more information about the Festival: [cityof.lawton.ok.us/labc/IE.htm](http://cityof.lawton.ok.us/labc/IE.htm)

**ADOPT-A-MAGAZINE**  
Please SAVE endangered magazines! Due to budget cuts, the material money is limited this year. *Adopt-a-magazine* is a new program for library supporters to donate magazine subscriptions to benefit your library. For more information, please go online at [cityof.lawton.ok.us/library](http://cityof.lawton.ok.us/library) or talk to a library employee. Thank you for helping support your library!

Library Moxings

## LOCATIONS & HOURS

**Main Library**  
110 SW 4th Street  
Lawton, OK 73501  
580.581.3450

Mon – Wed 9:00 am – 8:00 pm  
Thu – Sat 9:00 am – 6:00 pm  
Sunday CLOSED

**Kathleen Wyatt Nicholson Branch Library**  
1304 NW Kingswood Road  
Lawton, OK 73505  
580.581.3457

Mon – Fri 1:00 pm – 5:00 pm  
Sat 10:00 am – 3:00 pm  
Sun CLOSED

[cityof.lawton.ok.us/library](http://cityof.lawton.ok.us/library)  
Director \_\_\_\_\_ Kristin E. Herr

## LIBRARY BOARD

Chair \_\_\_\_\_ Patty Newirth  
Vice Chair \_\_\_\_\_ Susan Kremmer  
Member \_\_\_\_\_ Frantzie Couch  
Member \_\_\_\_\_ Eunice Edison  
Member \_\_\_\_\_ Susanna Fennema

The next library board meeting is **Wednesday, September 11 @ 3:30 pm at the Kathleen Wyatt Nicholson Branch Library**. The public is invited to all meetings.

## FRIENDS OF THE LIBRARY

President \_\_\_\_\_ Dr. Judy Neale  
Vice Pres. \_\_\_\_\_ Jenny Breeden  
Treasurer \_\_\_\_\_ Patty Newirth  
Secretary \_\_\_\_\_ Frantzie Couch

The Friends of the Library meet quarterly. The next meeting is October 28 @ 6:00 pm.

Support your Friends of the Library. Become a member today! Annual membership is just \$10.00 per person or \$20.00 per family.

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Lawton Public Library

# SEPTEMBER 2013

	Mon	Tue	Wed	Thu	Fri	Sat
	2  Library Closed for Labor Day	3	4	5 9:30 am Mother Goose 10:30 am Read & Romp!	6	7 3:00 pm Survival Saturday
	9	10 6:00 pm Adult Book Club	11	12 9:30 am Mother Goose 10:30 am Read & Romp!	13	14
Sunday	16 6:30 pm SWOGS	17 4:30 pm Think Tank 6:00 pm Let's Talk About It	18 3:30 pm Library Board	19 9:30 am Mother Goose 10:30 am Read & Romp!	20	21
	23	24 6:30 pm Teen Book Club	25	26 9:30 am Mother Goose 10:30 am Read & Romp!	27 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice	28 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice
30 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice	<b>GET THE NEWSLETTER ONLINE</b> Send an email to <a href="mailto:librarynews@cityof.lawton.ok.us">librarynews@cityof.lawton.ok.us</a> with "subscribe" in the subject line to receive the library's monthly newsletter in your email.					



"The smartest card in my wallet? It's a library card."

**SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH**

For more information, visit [cityof.lawton.ok.us/library](http://cityof.lawton.ok.us/library)



ALA  
American Library Association

PAGE 4      Library Moxings



# INFORMATION PAPER

SUBJECT: Preparing for Your PCS Move and Household Goods (HHG) Shipment

1. Purpose: To provide information on how to make your PCS move and HHG shipment successful and to reduce the potential for shipment difficulties during the peak shipping season from 15 May -30 Sep.

2. Summary: We are currently in the summer peak season for HHG shipments for Soldiers and their families, a time in which 65% of all DoD HHG moves are performed. This high percentage of DoD moves places a strain on the moving company industry capability to accomplish all moves when requested and sometimes results in a less than adequate quality of performance by the Transportation Service Provider (TSP) assigned to pack and move your shipment.

3. Tips for Success: **Remember PLANNING, PREPARATION, FLEXIBILITY and COMMUNICATION are the keys to executing a successful PCS move and HHG shipment.**

- a. Consult your local Personal Property Office (PPO) located in B4700 or call 580-442-3909/3931 to schedule an appointment for first time movers or seek assistance for those more experienced movers conducting their own move through the DPS/DP3 Program.
- b. Plan your move. Go to [www.move.mil](http://www.move.mil) to get started
- c. Watch the Video provided at this site.
- d. Register for DPS account.
- e. Log in to the Defense Personal Property Program System (DPS/ DP3).
- f. Perform Self Counseling (Provide Copy of Official Orders to Personal Property Office).
- g. Enter shipment information into DPS.
- h. Remain in constant communication with your TSP until your move is completed.
- i. If you experience problems with the TSP, immediately contact your local PPO for assistance and to see if the issue can be resolved.
- j. After your move is finished, log into DPS and complete the customer satisfaction survey. **This is your opportunity to influence which TSPs participate in the program.**
- k. If you incurred loss/damage during the move, log back in to DPS and file your claim on line (within 75 days of delivery). This is a requirement if you want the full replacement coverage.
- l. Lastly, remember that your local Personal Property Office is available to assist you either at the originating location or the destination location when you need assistance.

4. Points of Contact Information: For additional assistance consult your local PPO located in B4700 or call 580-442-3909/3931. Hours of operation are Monday-Friday from 0730-1600. Closed weekends and holidays. Please be aware that from the period 8 Jul-30 Sep, there will be limited staffing on Mondays and Fridays due to the furlough so you may have a longer wait time.

- a. Outbound Shipment: 580-442-3326/3903/3931/3600.
- b. Inbound Shipment: 580-442-3824/3983

# Corvias<sup>™</sup> Community News

SEPTEMBER 2013

## FORT SILL

[sill.corviasmilitaryliving.com](http://sill.corviasmilitaryliving.com)

### COMMUNITY OFFICES

Old Cavalry Post  
1164 Lester Road  
[oldcavalrypost@corvias.com](mailto:oldcavalrypost@corvias.com)  
580-581-2140

Southern Plains  
5703 Geronimo Road  
[southernplains@corvias.com](mailto:southernplains@corvias.com)  
580-581-2142



## BIKE HELMET SAFETY

Bike riding is a lot of fun, but accidents can happen. That's why it's so important for you and your children to wear bike helmets each time you ride a bike, even for short rides. The helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC) and should fit properly. It should not be too small or too big or be worn with a hat. It should be worn level and cover the forehead. The straps should always be fastened and snug enough that you can't pull or twist the helmet around on your head.

If your child doesn't love his bike helmet, encourage him to personalize it with some of his favorite stickers. Reflective stickers are a great choice because they look cool and make the rider more visible to vehicle drivers.

Source: [kidshealth.org](http://kidshealth.org)

## FALL SAFETY FAIR

Fort Sill families are invited to the 2013 Safety Fair hosted by Corvias Military Living on Tuesday, September 24 from 4 p.m. to 6 p.m. at the Southern Plains Community Center. This fun-filled event features demonstrations, educational booths and more provided by your local fire and police departments and veterinarian services. For the little ones, a bike decorating contest will be held for three age groups: 2-4 years old, 5-9 years old and 10-13 years old. The winners from each age group will receive a prize.

Hot dogs, chips and drinks will be available to all event-goers. The Safety Fair is free and open to all Fort Sill family housing residents plus their furry friends. Poop and scoop is mandatory. We look forward to seeing you at the event.

## We have a winner!

Congratulations to the Clark Family, our winners of the \$100 Visa gift card! All residents who updated their contact information from May - August were entered into a drawing for a chance to win the gift card.

Thank you to everyone who participated. Your personal email address helps to ensure

you are receiving important neighborhood notifications and announcements. By keeping your contact information up-to-date, you enable us to communicate more effectively with you.

Please contact your community office to update your information.



## Service Schedules

Corvias offers a variety of services to make your life easier including trash, recycling and lawn care. Please visit the calendar on our website for your service dates: [sill.corviasmilitaryliving.com/residents/calendar](http://sill.corviasmilitaryliving.com/residents/calendar).

Corvias<sup>™</sup> | military living





## SUICIDE PREVENTION

A sense of community is one of the most important factors in building ready and resilient service members and families. In the military community, support from others is the best resource in helping to face daily stressors, including feelings of isolation caused by being away from friends and family, long duty hours, financial stress and other challenges.

It is important for the military community to recognize when someone they care for is distancing themselves from their loved ones, their unit, or when their behavior is a source of concern. Some additional signs

of someone contemplating suicide can include giving away personal belongings or other actions as obvious as saying final goodbyes.

If someone is in need of help, there are several resources to assist. The Military Crisis Line, 800-273-8255, also called the Veteran's Crisis Line, is a joint Department of Defense and Department of Veterans' Affairs initiative. The MCL is staffed with caring, qualified VA responders who understand the challenges of military life. The MCL is a free, confidential service available 24/7 to all active-duty, National Guard and reserve service members, their families and their friends.

Those in crisis can also send a text to 838255 or chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net) with a crisis responder. Those in need of assistance can also reach out to their local chaplain or Social Work Services through the installation's medical facility.

## It's quarterly survey time!



Towards the end of September, 25 percent of Corvias Military Living residents will receive a housing survey in the mail. This is a prime opportunity for you and your family to tell us how well we are doing in meeting your on-post housing needs.

By completing and returning the survey and the enclosed prize entry form, you are eligible for a drawing to win one of six \$100 Visa gift cards from Corvias Military Living.

Congratulations to the winners from the June 2013 survey drawing: the Clark Family, the Garibaldi Family, the Van Dyke Family, the Freeman Family, the Childers Family and the Coffman Family.

GREEN CORNER



If you lower the thermostat by one degree, you will have enough energy to watch 646 DVDs.

## Upcoming Events



September 2  
Labor Day  
Neighborhood Offices open 9 am-1 pm

September 21, 11 a.m.-3 p.m.  
32nd Annual Buffalo Burger Cookout  
Co-Op Park

September 24, 4-6 p.m.  
Safety Fair  
Southern Plains Community Center

September 28, 8 a.m.-1 p.m.  
Post Wide Garage Sale  
1-78th Field Artillery (BOLC) parking lot

Stay up-to-date with Fort Sill's event calendar! Go to:  
[sill.corviasmilitaryliving.com/residents/calendar](http://sill.corviasmilitaryliving.com/residents/calendar)

## FOUNDATION PROVIDES GRANTS TO SPOUSES



Since 2006, John Picerne's foundation has awarded over \$4.5 million in scholarships and educational grants to children and spouses of active-duty service members, including 162 educational grants to spouses at a total of \$810,000. This year, the Foundation awarded \$100,000 in grants to spouses of active-duty service members to support their educational goals, including these Fort Sill spouses:

Keishay Cook is pursuing a certificate for Dental Assistant from Platt College. She enjoys dentistry and wants to help others gain confidence through their smile. Her husband is Staff Sgt. Seth Cook, U.S. Marines.

Margarita DeLeon is pursuing a Bachelor's degree in Psychology at Cameron University. Her husband is Staff Sgt. Elias DeLeon, U.S. Army.

Talpheneta Kelly is pursuing an Associate's degree in Nursing from Western Oklahoma State College. She aspires to be a Physician's Assistant. Her husband is Staff Sgt. Washburn O. Kelly, U.S. Army.

Andrew Walker is pursuing an Associate's degree in Computer Programming from Oklahoma State University Institute of Technology. Upon completion, he plans to work towards a Bachelor's degree in Information Security and Assurance. His wife is Spc. Sherry S. Walker, U.S. Army.

Corvias  military living



41.

**FITNESS CLASS SCHEDULE SEPTEMBER 2013**

<b>Monday</b>				<b>Tuesday</b>			
Time	Location	Class	Instructor	Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki	1030-1130	RFC	Kickzumbuns	Claudia/Jordan
0800-0900	RFC Pool	Water Aerobics	Rosemary	1045-1145	HFC	Yoga	Susan
0945-1015	RFC	Fierce, Fit & Fab	Claudia	1630-1730	HFC	Spin	Michelle
1030-1130	RFC	Zumba	Jordan	1700-1800	GFC	Boxercise	Mike
1130-1200	RFC	Waist Watchers	Claudia	1700-1800	RFC Pool	Water Aerobics	Rosemary
1715-1745	RFC	Insanity	Mandy	1730-1830	HFC	Step and Kick	Flor
1800-1900	HFC	Spin	Susan				
1830-1930	RFC	Zumba	Fatima				
<b>Wednesday</b>				<b>Thursday</b>			
Time	Location	Class	Instructor	Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki	1030-1130	RFC	Kickzumbuns	Claudia/Jordan
0800-0900	RFC Pool	Water Aerobics	Rosemary	1045-1145	HFC	Yoga	Susan
0945-1015	RFC	Fierce, Fit & Fab	Claudia	1630-1730	HFC	Spin	Michelle
1030-1130	RFC	Zumba	Jordan	1700-1800	GFC	Boxercise	Mike
1130-1200	RFC	Waist Watchers	Claudia	1700-1800	RFC Pool	Water Aerobics	Rosemary
1140-1220	HFC	Cardio Kickboxing	Thomas	1730-1830	HFC	Step and Kick	Flor
1145-1245	GFC	Boxercise	Mike				
1800-1900	HFC	Spin	Susan				
1830-1930	RFC	Zumba	Mika				
<b>Friday</b>				<b>Saturday</b>			
Time	Location	Class	Instructor	Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki	0930-1030	RFC	Zumba	Jordan
0800-0900	RFC Pool	Water Aerobics	Rosemary	1030-1200	RFC	Basketball Clinic	A. Redd
0945-1015	RFC	Fierce, Fit & Fab	Claudia				
1030-1130	RFC	Zumba	Jordan				
1130-1200	RFC	Waist Watchers	Claudia				


HFC-Honeycutt Fitness Center 442-5912  
 GFC-Goldner Fitness Center 442-2740  
 RFC-Rinehart Fitness Center 442-6712


42. **CITY OF LAWTON AUCTION****DATE:** September 28, 2013**TIME:** 8:00 AM**LOCATION:** 2215 SW 3<sup>rd</sup> Street (Equipment Maintenance Building)

The City of Lawton will hold their annual auction on September 28, 2013. The auction will start at 8:00am at 2215 SW 3<sup>rd</sup> Street. Vehicles such as a 1985 Chevy Corvette, , Crown Victoria's, pickup trucks, water truck, dump trucks. Various equipment includes backhoes, riding mowers, spreaders and motor graders. All motor vehicles and equipment will be sold for parts only. Items to be sold also include servers, printers, office supplies, cell phones, office chairs, cabinets and other miscellaneous items. This is only a partial listing of items to be auctioned. Interested bidders may pre-register for the auction on Friday, September 27, 2013 at the Financial Services Division, City Hall Annex, 102 SW 5<sup>th</sup> Street, 1:30pm-4:00pm, or register on site. Bidders claiming Tax Exemption status must provide proof at the time of payment. All payments due date of sale.

**Zumba at Edison Elementary**  
**5801 NW Columbia Ave**  
**Community \$3**  
**(Teachers) \$1**  
**Mondays and Thursdays**  
**6:00pm**


**PARTY TIME!!!**



**JOIN THE party**  **zin** zumba instructor certification

**ZUMBA**  
 fitness



[www.facebook.com/lawtonoklahomazumba](http://www.facebook.com/lawtonoklahomazumba)




**ZUMBA**  
 fitness

**PARTY YOURSELF INTO SHAPE**

THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING DANCE-FITNESS PARTY. FEEL THE MUSIC AND LET LOOSE.

**Zumba With Jered & Andi**  
**Where: Aggie Rec Center - Cameron University**  
**Days: Tuesdays, Wednesdays, Fridays**  
**Times: 5:15pm - 6:15pm**

 **ZUMBA**

Please "LIKE" us on Facebook @ [www.facebook.com/lawtonoklahomazumba](http://www.facebook.com/lawtonoklahomazumba)



44.



# American Red Cross

The Red Cross is offering a meaningful way for youths age 14-17 to spend their summer break. They can **serve their community** by the supporting the staff and patients at Reynolds Army Community Hospital. The Red Cross offers a **flexible** program which focuses on:

- Supporting the military community
- Interacting directly with clients
- Teamwork
- Meeting new people
- Learning new skills
- Giving back to your community
- **HAVING FUN** this summer!

If interested, youths can complete a Red Cross Volunteer Interview and pick up an application packet at the Red Cross Office located in Room 320 of Building 4700 on Mow-Way Road (Welcome Center). This year's Volunteer Orientation will be held on 30 May 13 from 1000-1500 at Reynolds Army Community Hospital.

**Space is limited!** We will place volunteers on a first come-first serve basis. Those who have not completed their application by the 30 May deadline will not be eligible to participate. A complete application includes HIPAA certification and an Occupational Health Screening.

To schedule an interview:

Email: [rob.rogers@redcross.org](mailto:rob.rogers@redcross.org)

Phone: 580-442-3950

45.

## It's Dollar Night

## Every Thursday!

AT SHERIDAN ROAD THEATER

---

### Thursday movies are only \$1.00 admission!



Get 2 Med Drinks  
1 Med Popcorn  
& Admission for 2  
**\$7.50**

*Make it a  
Date  
Night!*

Check current movies at [shopmyexchange.com](http://shopmyexchange.com)

**Bldg 3260  
Sheridan Rd.**









## Fort Sill Army Family Team Building Needs Assessment Survey

(Thank you for completing the survey so we can better meet your needs.)



1. What is your status? <i>(Please select all that apply)</i>	<input type="checkbox"/> E1-E4 <input type="checkbox"/> Spouse of E1-E4 <input type="checkbox"/> Civilian Employee <input type="checkbox"/> Volunteer (no other affiliation with the military)	<input type="checkbox"/> E-5-E8 <input type="checkbox"/> Spouse of E-5-E8 <input type="checkbox"/> Veteran <input type="checkbox"/> Other (Please specify) _____	<input type="checkbox"/> Officer <input type="checkbox"/> Spouse of Officer <input type="checkbox"/> Warrant Officer <input type="checkbox"/> Spouse of Warrant Officer
2. Marital Status	<input type="checkbox"/> Married (With Children) <input type="checkbox"/> Divorced (Not remarried) <input type="checkbox"/> Widow(er) <input type="checkbox"/> Dual Military		
	<input type="checkbox"/> Married (Without Children) <input type="checkbox"/> Divorced (Remarried) <input type="checkbox"/> Single (Without Children) <input type="checkbox"/> Other (Please Specify) _____		
3. Do you live on post?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4. If you live off post, where do you live?	<input type="checkbox"/> Lawton <input type="checkbox"/> Elgin <input type="checkbox"/> Cache <input type="checkbox"/> Other _____		
5. How long does it take you to get to Fort Sill?	<input type="checkbox"/> 0-15 min <input type="checkbox"/> 15-20 min <input type="checkbox"/> 20-30 min <input type="checkbox"/> 30-40 min <input type="checkbox"/> longer than 40 min		
6. Do you know where Army Community Service (ACS) is located?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
7. Which ACS programs have you used in the past year? <i>(Mark all that apply.)</i>	<input type="checkbox"/> Army Emergency Relief <input type="checkbox"/> Exceptional Family Member <input type="checkbox"/> Army Family Team Building <input type="checkbox"/> Financial Readiness <input type="checkbox"/> Information & Referral <input type="checkbox"/> Volunteer Program <input type="checkbox"/> Employment Readiness <input type="checkbox"/> Family Advocacy <input type="checkbox"/> Other (specify) _____ <input type="checkbox"/> Relocation <input type="checkbox"/> Loan Closet <input type="checkbox"/> N/A		
8. What is the best method for ACS to get information to the community? <i>(Mark all that apply.)</i>	<input type="checkbox"/> E-mail <input type="checkbox"/> Facebook <input type="checkbox"/> Post Newspaper <input type="checkbox"/> Flyers <input type="checkbox"/> Web Page <input type="checkbox"/> Intranet <input type="checkbox"/> Other (Please Specify) _____		
10. What type of workshops/training are you interested in? <i>(Mark all that apply.)</i>	<input type="checkbox"/> AFTB, Level K – Military Knowledge <input type="checkbox"/> AFTB, Level G – Personal Growth and Resiliency <input type="checkbox"/> AFTB, Level L – Leadership <input type="checkbox"/> First Sergeant Spouse Seminar <input type="checkbox"/> Recruiter Spouse Seminar <input type="checkbox"/> Drill Sergeant Spouse Seminar <input type="checkbox"/> Other - Please specify _____		
	<input type="checkbox"/> Personal Relationships <input type="checkbox"/> Stress Management <input type="checkbox"/> Time Management <input type="checkbox"/> Ball Etiquette <input type="checkbox"/> Team Dynamics <input type="checkbox"/> Family Preparedness (financial, emergency, etc.)		
11. What is the best time for you to attend workshops? <i>(Rate in preferred order with 1 being the highest)</i>	<input type="checkbox"/> Mornings <input type="checkbox"/> Lunch Time <input type="checkbox"/> Afternoons <input type="checkbox"/> Evenings <input type="checkbox"/> Weekends		
12. What is the length of workshop/training you would be able to attend? <i>(Rate in preferred order with 1 being the highest)</i>	<input type="checkbox"/> Full Day Workshops <input type="checkbox"/> 1/2 Day Workshops <input type="checkbox"/> 2-3 Hour Workshops <input type="checkbox"/> 1 Hour/Lunch Time Workshops <input type="checkbox"/> 2-3 Hour Evening Workshops <input type="checkbox"/> 1 Hour Evening Workshops <input type="checkbox"/> Other (Specify) _____		
13. Is childcare an important factor in your ability to attend workshops/training?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
14. Comments/Suggestions	<div style="border: 1px solid black; height: 40px; width: 100%;"></div>		

Please return the survey to Merilee Nevins, AFTB/AFAP Program Manager by one of the following methods.

E-mail: merilee.k.nevins.civ@mail.mil

Fax: 580-442-7617

Mail or Deliver: ACS, Bldg. 4700 Mow-Way Road, Fort Sill, OK 73503



# Pre-Movement PCS Briefs

Tips & Advice  
to ensure your next move  
is less stressful.



- . Flights
- . Housing
- . Household Goods
- . Unaccompanied Baggage
- . Vehicles
- . Finance and Allowances
- . PCS Leave
- . Children Involvement
- . Pets
- . Research Websites
- . & MUCH MORE!



First Thursday/Month: Germany 10:00am, CONUS (Stateside) 1:00pm &  
All Others (not listed) 2:30pm

Second Thursday/Month: Korea 10:00am, Hawaii 1:00pm & Alaska 2:30pm



Questions?  
Contact ACS:  
580-442-4916

Located in the Welcome Center  
Bldg 4700 Mow-Way Rd



## 48. Upcoming Volunteer Opportunities



# 2013 – 2014 Calendar of Events

<http://www.sillmwr.com/> <http://www.lawtonfortsillchamber.com/>

Event	Date	Time	Location	Event Description
Trace Adkins Volunteer In-Brief	July 3, 2013	1700-1800	Fort Sill Conference Center	Volunteer In-brief and training for ticket takers, ID wrist-banders, beverage sales and shuttle drivers. POC – Laurie Babule 580-442-4682 <a href="mailto:lauri.babule.civ@mail.mil">lauri.babule.civ@mail.mil</a>
Trace Adkins Concert	July 5, 2013	1200 – 2300	Fort Sill Polo Field	Assist and support as ticket takers, beverage sales and shuttle drivers POC – Laurie Babule 580-442-4682 <a href="mailto:lauri.babule.civ@mail.mil">lauri.babule.civ@mail.mil</a>
Military Appreciation and Family Fun Day (Car Show)	July 13, 2013	1100 – 1800	Lake Elmer Thomas Recreation Area (LETRA)	Cool off at Fort Sill's LETRA, featuring a car show, sandy beach, miniature golf and a water slide. Assist with set up, tear down, bounce houses, etc. POC MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Ft. Sill BOSS, 3 on 3 Basketball Tournament	July 20, 2013	0900-UTC	Rinehart Gym	A friendly competition among Fort Sill Soldiers, BOSS concessions available. POC-SPC White 580-442-6346 <a href="mailto:amanda.white1.mil@us.army.mil">amanda.white1.mil@us.army.mil</a> ; MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Fort Sill Single Soldier Day	July 26, 2013	1000 – 1500	LETRA	Assist with set up and break down, food service. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Co-Op Commander and Command Sergeant Major Softball Game	August 2013	1200 – 1500	The Cammerer Complex Sheridan Road Softball Field	There's nothing like a little friendly competition to enhance camaraderie between civilians and Soldiers. Sell items at the Snack Bar. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Armed Forces Softball Tournament	September 14-19, 2013	TBA	The Cammerer Complex Sheridan Road Softball Field	Sell items at Snack Bar, Provide logistical support on and off field. POC – Laurie Babule 580-442-4682 <a href="mailto:lauri.babule.civ@mail.mil">lauri.babule.civ@mail.mil</a>
31 <sup>st</sup> Annual Buffalo Burger Cookout	September 22, 2013	1100 – 1500	Co-Op Park	Thousands of buffalo burgers are served to Co-Op program civilians and military and their families. Volunteer at bounce houses, food/beverage service. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
International Festival	September 27-29, 2013	1600-2200 Friday 1000-2200 Saturday 1100-1900 Sunday	Elmer Thomas Park	Assist with set up and tear down of performing stages, patio surveys, information booths, parking, etc. (580) 581-3470/3471 <a href="http://www.dbyof.lawton.af.mil/LAHC">www.dbyof.lawton.af.mil/LAHC</a> Parade of Nations Friday, September 27, 2013.
Oktoberfest	October 4, 2013	1800 – 2200	Patriot Club	Assist with beverage sales. POC – Laurie Babule 580-442-4682 <a href="mailto:lauri.babule.civ@mail.mil">lauri.babule.civ@mail.mil</a>
Holiday in the Park	December 2013	TBA	Elmer Thomas Park	Assist and support the staging of annual seasonal lighting display. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Bill Smith Memorial Golf Tournament	April 2014	0730 – 1630	Fort Sill Golf Course	Military and civilian teams compete for the traveling trophy. Provide logistical support on day of event. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
The City of Lawton Trash Off Campaign	April 2014	0800 – 1500	Various locations throughout Lawton	All-volunteer effort to sweep the City of Lawton clean. Provide support on day of event. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>
Armed Forces Day Parade	May 17, 2014	1000 – 1130	Downtown Lawton	A parade of Fort Sill military combined with floats and parade entries from the civilian community. Assist and support with check-in and along parade route. POC-MSG Velez 580-442-6455 <a href="mailto:angel.m.velazrodriguez.mil@mail.mil">angel.m.velazrodriguez.mil@mail.mil</a>



# CAP ACTION EBLAST

*Do Something! Do One Thing! One Thing Counts!*



The Child Abuse Prevention Action Committee is a collaborative group involved in the planning and promotion of child abuse prevention efforts throughout Oklahoma.

Volume 1, Issue 11

"a publication of CAP ACTION and its partner agencies"

September 2013

## Child Abuse Prevention and Reporting Child Abuse!

If you suspect it, REPORT it.

**1-800-522-3511**

Reports of child abuse and neglect can be made 24 hours a day, seven days a week by calling the above Oklahoma Child Abuse Hotline number. All calls are confidential. Learn more by visiting the Oklahoma Department of Human Services website, [www.okdhs.org](http://www.okdhs.org)

**WHO MUST REPORT?** Oklahoma State statute requires **EVERY** person who has reason to believe a child under 18 is being abused or neglected, or is in danger of being abused or neglected, to promptly report the suspicion. Failure to report child abuse is a misdemeanor offense. A person who reports suspected abuse in "good faith" is immune from criminal and civil liability.

**HOW TO REPORT?** If you suspect abuse or neglect, call the Oklahoma Child Abuse Hotline.

If the child is in imminent danger, contact **911**.



**BUILD A COMMUNITY THAT CARES** Studies have shown that neighbors can prevent child maltreatment in a community simply by increasing their awareness and working together.

### GET INVOLVED!

#### TEN WAYS TO SAVE A CHILD IN THE NEIGHBORHOOD CIRCLE

1. Learn the names of all the kids on your block.
2. Invite a neighbor with kids for dinner.
3. Have "safe houses" clearly marked where kids can go if they need help.
4. Hold gatherings of adults and kids throughout the year – picnics, barbecues, winter walks, pumpkin carvings, game days.
5. Create spaces in your neighborhood where adults and children can gather – benches near a basketball hoop, for example.
6. Remember, the sounds of skateboarding means kids are doing something constructive (getting exercise and not getting into trouble).
7. Put up signs: "Drive slowly! We love our kids."
8. Get the kids on your block involved in drawing up a neighborhood map and creating a phone tree network.
9. Adopt a "senior citizen" on the block and watch out for him or her. (Kids can shovel walks, rake leaves, etc.)
10. Take a walk through your neighborhood on a regular basis; admire the flowers, get to know the dogs, and acknowledge the kids.



Source: Stopping at Every Lemonade Stand, James Vollbracht

### Do just one thing! Your one thing counts!

- ✓ Take a stack of Child Abuse Hotline cards wherever you go... pass them out to friends, leave them at your local library, church, childcare, school, etc. Available in English and Spanish by email request: [sheriet@health.ok.gov](mailto:sheriet@health.ok.gov)
- ✓ All parents can be challenged while out with their child in public, especially when the child is tired, hungry, confined or bored. We can lessen parents' stress by doing the following:
  - o BE KIND and supportive.
  - o CONNECT with the parent or child. "It's not easy, is it? I remember when my kids were that age."
  - o ASSIST the parent by offering help. Examples include offering to read a book in a waiting room or providing an extra set of hands at the supermarket.

### Agency Spotlight

In 1988, **Parent Promise** was founded by members of the Exchange Club service organization and opened its doors as The Exchange Club Center for the Prevention of Child Abuse of Oklahoma, Inc.

In 2001, The Exchange Club Center merged with **Prevent Child Abuse Oklahoma**, expanding its services to include public education, community awareness and parenting resources for all parents in our community. Their mission is to prevent the abuse and neglect of Oklahoma's Children through free educational programs and home visitation.

This year Parent Promise celebrated 25 years of service; they have made over 10,000 home visits and are dedicated to strengthening families.

For more information, call 1-800-children.

### Upcoming Events

Next CAP ACTION meeting – Wed, October 16<sup>th</sup>, 10:00am  
CAP Day at the Capitol – Tuesday, April 8, 2014

### Follow Us/Like Us – Click!



**EARLY CHILDHOOD  
TIP SHEETS**

**2014 Child Abuse Prevention (CAP) Action begins now! [Sign Up](#) today to join efforts!**





# REConnect

*Spiritual Fitness through Religious Education at Fort Sill*

Spiritual fitness is the focus of REConnect, the installation-wide religious education program. This program meets Wednesday evenings through May 14, 2014. Primary features of the intra-faith program are a no-charge, simple fellowship meal as well as classes and groups for all ages. Although some are faith-group specific, many classes are supportive of all faiths. All troops, authorized civilians, and their families are sure to find a warm welcome.

## **Schedule for Wednesdays, September 11, 2013 – December 18, 2013**

**5:15 p.m.–5:45 p.m. Frontier Chapel** A light meal offers a time for fellowship with others who participate in the classes. Afterward, classes meet at the Graham Resiliency Training Center and Frontier Chapel.

**6 p.m.–7:30 p.m. Frontier Chapel** Catholic religious education and all sacramental preparation.

**6 p.m.–7:30 p.m. Graham Resiliency Training Campus** Protestant and intra-faith classes meet at GRTC. Protestant studies include children's classes and electives for adults. Some classes are of interest to all regardless of religious preference. However, all classes affirm spiritual values and will support the faiths represented by the participants.

## **Classes Meeting at Frontier and Grierson Chapels:**

--**CRE (Catholic Religious Education) and RCIA** are required religious education and sacramental preparation programs for the Catholic community. These classes meet through May 14, 2014, and include ages pre-K through adult. For information and registration, contact the Catholic religious education coordinator at 442-1875.

## **Classes Meeting at Graham Resiliency Training Center:**

--**Kid's Bible Clubs.**

--**Protestant Youth of the Chapel.**

--**A Retreat with Matthew, Going Beyond the Law:**

--**The Lord's Prayer.**

--**How Now Shall We Live**

--**The Story.**

--**Spiritual Fitness for Combat Resiliency**

--**The Truth Project**

--**Financial Peace University-**

**The Five Love Languages/His Needs Her Needs**

**Registration:** no registration is required but some classes have limited seats so sign-up at Frontier Chapel or call CH Eric Bey at 580-442-2637

**Vendors** are invited to sign up to sell handmade or limited commercial items at the Christ Kindl Markt.

Interested vendors sign up between September 23 - November 22, 2013.

The Christ Kindl Markt is December 7 & 8 at the Rinehart Fitness Center.

To sign up, stop by the Outdoor Adventure Center located in the RecPlex, 2505 Sheridan Road, Fort Sill, OK or mail payment to

Family and MWR Attn: Traci Barsuglia, P.O. Box 33307, Fort Sill, OK 73503.

For more information call,  
(580) 442-3575

**Sell a variety of traditional Christmas gifts and specialty items to include German crafts and food!**

**100 Spaces Available  
Reserve your spot today!**





# Duncan's Grove Fall Bluegrass Festival

1800 E. Chestnut Duncan, Oklahoma

## September 26th, 27th & 28th, 2013



Special Concensus

Six Mile Line

The Cole Family

Tony Holt & Wildwood Valley Boys

Trip L Band

Chisholm Road

Guest Bands Welcome Friday and Saturday

**Park Opens**  
 Friday Sept 20th at Noon  
 Camping available  
 Water & Electric starting  
 at \$15,  
 limited full hookups  
 Reservations available  
 580-606-9133  
 580-606-8516  
 405-812-4373



**Tickets**  
 Thurs-\$8  
 Fri-\$20  
 Sat-\$20  
 Weekend  
 \$35  
 Kids 12 &  
 Under Free


**NO DRUGS OR ALCOHOL !!!!!**

**Promoters:**  
 Lisa & Scott  
 Rice  
 580-606-9133  
 405-812-4373




**Sponsoring Hotel**  
 Chisholm Suites  
 580-255-0551  
 Ask for Bluegrass Rates  
**\$59**



Thursday (Gospel)	Saturday
6:30 Steppin' Out	10:30 Open (Guest Band)
7:30 Six Mile Line	11:15 Wichita Mt. Bluegrass (Guest Band)
8:30 Triple L	
9:30 Chisholm Road	
Friday	
12:00 Steppin' Out	12:00 Chisholm Road
12:45 The Cole Family	12:45 Triple L
1:30 Six Mile Line	1:30 The Cole Family
2:15 Chisholm Road	2:15 Steppin' Out
3:00 Triple L	3:00 Special Concensus
3:45 Special Concensus	3:45 Six Mile Line
4:30 Tony Holt & Wildwood Valley Boys	4:30 Tony Holt & Wildwood Valley Boys
SUPPER BREAK	SUPPER BREAK
6:00 Six Mile Line	6:00 The Cole Family
6:45 The Cole Family	6:45 Six Mile Line
7:30 Chisholm Road	7:30 Chisholm Road
8:15 Tony Holt & Wildwood Valley Boys	8:15 Special Concensus
9:00 Special Concensus	9:00 Tony Holt & Wildwood Valley Boys
9:45 Triple L	9:45 Triple L




53.


<p>Sept. 27th 11:30am @ Nye Library</p>	
<h1 style="text-align: center;">FREE LUNCH &amp; LEARN</h1>	
<p>Join us for a <b>FREE</b> lunch and learn about the Safari Database service our library offers, such as:</p> <ul style="list-style-type: none"> <li>Up-to-date technology, business, &amp; design info</li> <li>Full content books &amp; prepublication manuscripts</li> <li>Training videos and conference sessions</li> <li>Mobile access &amp; more</li> </ul> <p style="text-align: center;"><b>LUNCH PROVIDED!</b></p> <p>Please sign-up at the circulation desk by Sept. 26th! Space is limited.</p>	
	<p>For more info: 442-2048/3806 Like us on Facebook: Fort Sill Family &amp; MWR Recreation</p> 

54.

# ROLLER DERBY



You Can Do It!



June 30, Sept. 29, Jan. 5  
@ 4 p.m.

Looking for skaters, refs, volunteers and non-skating officials.  
Find out what roller derby is all about! 2507 SW Washington Ave.  
[www.580rollergirls.com](http://www.580rollergirls.com)



# Final Friday



Friday  
**September 27**

Doors Open at 4 p.m.

FREE Hors D'Oeuvres  
(4:30 - 6 p.m.)  
Pool, Drink Specials,  
Music, Prizes  
TouchTunes Karaoke

Open to everyone!

*Free on-post cab service and Free  
sodas for designated drivers*



Hosted by:

**RACH**

# Impact Zone

3265 Crane Avenue • 442-0355



# Beef and Burgundy

*Friday, September 27*

*Cocktail Hour 5-6 pm • Dinner 6-8 pm*

*\$25 per person / \$30 with wine*

*Menu includes:*

*Prime Rib • Baked Potato Bar • Salad Bar  
Fresh Baked Rolls • Dessert Station*

*Full Service Bar in the Lanyard Lounge*

*Live music*

*Reservations required by September 24*

*Call (580) 442-5300*

*Historic Patriot Club • 500 Upton Road • Fort Sill, OK*





# Sunday Brunch

at the Historic Fort Sill Patriot Club

September 29 • 11 am - 2 pm

**Chicken Marsala ■ Beef Stroganoff ■ Rice  
Egg Noodles ■ Mediterranean Vegetables  
Eggs ■ Hash Browns ■ Salad Station ■ Waffle Station  
Omelet Station ■ Rolls ■ Dessert Station  
Beverage Station**

\$12.95 adults • \$5.95 children 6 - 12 years

Children 5 & under FREE

Reservations are required by Tuesday, September 24. Please call 442-5300.

Credit Card information will be taken when reservation is booked.

Reservations cancelled 72 hours in advance will not be charged.

\*Walk-ins will be seated based on space availability.

**Historic Patriot Club • 500 Upton Road • Fort Sill, OK**







# 22nd Annual Comanche Nation Fair

September 27th, 28th, & 29th, 2013

*Comanche Nation Princess*  
**Sareva (Posey) Liles**

*Comanche Nation Jr. Princess*  
**Johnetta Silverhorn**

M. C. : Eddie Mahseet & Neil Lawhead  
Head Gourd Dance Singer: Gene Sova  
Head War Dance Singer: Anthony Monoessy  
Visiting Northern Drum: Pipestone Creek of Canada  
Head Man Dancer: Bobby Pewo  
Head Lady Dancer: Opal Gore  
A.D.: Larney Silverhorn, Travis Codynah & Freddy Banderas  
Crowning of the 2013-14 Comanche Nation Princess and Jr. Princess  
Co-Host:  
Friday - Comanche War Dance Society, Comanche Homecoming  
Saturday - Tia-pish Society, Comanche Little Ponies  
Sunday - Chasenah Family, Comanche Indian Veterans Association  
(Kawaykia Fire Dancers - Friday Night)  
A "Old Time War Dance" contest, \$1,000 winner take all,  
sponsored by the Chibitty, Saupitty and Watchetaker Families.

**Contest in ALL categories**  
**Drawing for 2009 Cadillac**

**Scheduled Events:**  
Pow-wow, 3 on 3 Basketball, Bull Riding, Parade, Handgame, Free Carnival, Children's Games,  
49 Laughs Comedy Show, Softball Tournament, 1K Fun Run, Spirit Walk, Teen Dance, Skate  
Board Competition, Sunday Church Services, Rations, Quilt Show, Art Show, Horseshoe  
Tournament, Golf Tournament, Peyote Meeting, Comanche Hymn Singing, 4th Annual  
Comanche Warrior Run, 2nd Annual Comanche Warrior Bike Ride, Higher Education Silent  
Auction (All events are FREE and open to the public)

*Comanche Nation Complex*  
*Lawton, Oklahoma*  
General Information: (580) 492-3384



More information can be found at

[www.comanchenation.com/index.php?option=com\\_k2&view=itemlist&layout=category&task=category&id=119&Itemid=328](http://www.comanchenation.com/index.php?option=com_k2&view=itemlist&layout=category&task=category&id=119&Itemid=328) or <http://tinyurl.com/k4fnae2>



# 2013 International Festival



**September 27, 28, & 29**  
**Elmer Thomas Park,**  
**3rd & NW Ferris**

**No Admission or Parking Fees**  
**with Free concerts & Entertainment!!!**

**Park & Ride!**

**Park at the McMahon Memorial Auditorium, 801 NW Ferris Ave. Free continuous LATS shuttle to and from festival site, service hours:**

**Fri: 5:30pm – 10:30pm**

**Sat: 10:30am – 10:30pm**

**Sun: 11:30am – 5:30pm**

**Friday, Sep 27**

5-10pm

5:45pm

Parade of Nations followed by Opening Ceremony with Naturalization Ceremony

**Saturday, Sep 28**

11am-10pm

**Sunday, Sep 29**

12-5pm

**Children's Area ! ATMs on site!**

**Please no bicycles, skate boards or pets, service animals only**

For more information, please visit [www.cityof.lawton.ok.us/lahc/IF.htm](http://www.cityof.lawton.ok.us/lahc/IF.htm) or <http://tinyurl.com/o5fnuuh>

The vendor application is available at <http://tinyurl.com/q3zw82n>



# **The Fort Sill Fall Post Wide GARAGE SALE**

**Saturday, September 28th  
8 am - 1 pm**

**1-78th FA ( AIT ) Parking Lot**  
(located on Crane Road next to Behavioral Health Bldg. 2442)

**Permits are on sale from  
August 19 - September 27 for \$20 each  
All sellers must have a permit.**

**Purchase permits at Adventure Travel  
located at Bldg. 4700  
Monday - Friday: 9 am - 5:30 pm**

**For questions, contact Traci Barsuglia,  
Supervisory Recreation Specialist at (580) 442-3575**

Just a reminder--FRGs who fundraiser at the post wide garage sale must submit a fundraising request (regardless of the setup location). This is in accordance with FS Regulation 608-2.

All FRGs/persons setting up on the hardstand lot MUST purchase a garage sale permit prior to event.

FRGs/persons selling from government quarters do NOT have to purchase a garage sale permit.

There is no access to electricity on the hardstand lot. The only approved selling locations for this event are the hardstand lot OR from government quarters.



# RACH Flu Vaccination Schedule



**PX Food Court**

**28 September**

10:00 am—3:30 pm



**Family Medical Home - Outpatient Mall**

**19 October**

**9 November**

8:00 am—3:30 pm

If you miss the RACH or PX flu drives you can walk into  
the Immunization Clinic or see your Primary Care Team

Mon-Fri, 7:30-3:45

Open to TRICARE Beneficiaries (ages 3 and older)

Pregnant women and children under 3 should utilize the  
Immunization Clinic at RACH, Mon-Fri, 7:30—3:45

**Remember to bring your shot record and Military ID**

## School Input Parents/Guardians of Military Children

We hope you and your child have a great experience with our local schools. We would like your feedback. Tell us what our local schools are doing well and where there is room for growth. Please take a few minutes to fill out this survey. Your input is important.

### Students

Grades: PreK, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

School(s) \_\_\_\_\_

Name (optional) \_\_\_\_\_

1. How were you and your child welcomed to our school? Was the website helpful?

\_\_\_\_\_

2. Was the transfer of credits an easy process (secondary)? \_\_\_\_\_

\_\_\_\_\_

3. Did the availability of extracurricular activities meet your child's needs?

\_\_\_\_\_

4. Please share any final comments or recommendations.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please send this survey no later than 30 September 2013 to the School Liaison Officer, Susan Murray, at [susan.n.murray2.naf@mail.mil](mailto:susan.n.murray2.naf@mail.mil) or Cheryl Foster at [cheryl.o.anderson.civ@mail.mil](mailto:cheryl.o.anderson.civ@mail.mil) or drop it off at their offices in the Welcome Center, Building 4700.



# Fort Sill NAF PROPERTY

# sale

**NAF Property Warehouse - Bldg. 3328**

**Thursday, October 3**

10 AM - 12 PM

Active Duty Military & Their Immediate Families Only

12 PM - 2 PM

Active Duty Military, Retirees & Their Immediate Families Only

**Friday, October 4**

10 AM - 2 PM

Open to the Public



## Items for Sale

Glassware, Dishes, Furniture, Office Chairs, Children's Furniture, Toys, File Cabinets, Printers, Computers (no hard drive), Washing Machine, Copy Machine, Desks, Tables, Kitchen Equipment, Big Screen TV travel case and various odds and ends.

Additionally selling, via sealed bid, a 2002 Chevy Express Box Truck.

For more information, call (580) 442-6481 or visit [www.sillmwr.com](http://www.sillmwr.com)

# Lawton Community Theatre

presents a

## Special Performance for Fort Sill Soldiers

October 3, 2013

Lawton Community Theatre  
John Denney Playhouse  
1316 NW Bell Avenue  
Lawton, OK 73507-6545  
(580) 355-1600

Email: [lawtontheatre@sbcglobal.net](mailto:lawtontheatre@sbcglobal.net)

Website: [www.lct-ok.org](http://www.lct-ok.org)

Our next special performance for Soldiers and their family members is on:

**Thursday, October 3, 2013 at 7:30 pm.**

This performance is free of charge for the Soldiers and their family members. However, seating is limited. If you would like to attend this show, all you need to do is to call the Lawton Community Theatre, at (580) 355-1600, to make reservations. It's that simple!

## The Spitfire Grill

Opening our 62nd season is **The Spitfire Grill** by James Valcq and Fred Alley – a soulful new musical set in a small town suffering from a lack of hope until a feisty newcomer arrives to find her dreams. With its country flavored score and message of warmth and goodwill, you'll leave the theatre humming the tunes from **The Spitfire Grill**.



We sincerely hope to have a full house of Soldiers and family members at this special performance. To ensure optimum enjoyment for all patrons, we recommend **The Spitfire Grill** for ages 10 and above. LCT seating policy does not permit children under the age of 5 to attend shows other than those designated as "toddler friendly".

Doors open at 7:00 pm. Please plan on arriving no later than 10 minutes prior to the beginning of the show. And as always, thank you for your service!



# Oktoberfest

at the Historic Patriot Club  
500 Upton Road, Fort Sill, OK • (580) 442-5300

**October 4**  
**4 pm - 12 am**

**Official Keg Tapping at 6 pm**

**Authentic German  
food and beverages  
for purchase.**

**German Backerei  
and Sweet Shop  
(hosted by FRGs)**

**Door prizes!**



**Free Admission!**



## 66. Trailblazers


Military kids 6-12 years old and their parent(s) are invited to attend a monthly, high energy, educational activity designed just for them. Kids & Parents will get to try their hand at hiking, geocaching, art, archeology, bowling, wildlife... biology and astronomy, just to name a few. Group size is limited based on the venue. Participation is on an RSVP basis through the ACS Facebook page events tab [www.facebook.com/FortSillACS](http://www.facebook.com/FortSillACS). Call the Family Advocacy Program at 442-4916 for more information.

ACS Family Advocacy Presents:

**Trailblazers...**


A monthly interest group  
for active Military Families with  
children 6-12 years old


Join us for *NATURE FEST!*  
Have fun with crafts, relay race, "Habitat  
Tag" and meet a LIVE OWL native to OK!



Date: 5 October 2013  
Time: 1030-1200  
Location: Medicine Park Creek  
Near the golf course & RV Park  
Info: 580-442-4916  
[www.facebook.com/FortSillACS](http://www.facebook.com/FortSillACS)  
Presented in cooperation with Family and MWR  
Recreation Specialist, Traci Barsuglia

*\*Space is limited—reserve your Family's attendance through the  
events tab on our Facebook page*











# Youth Center Parent to Parent® Workshops!



Date:	Subject:	Time:
October 7, 2013	"Parental Involvement"	1800
January 13, 2014	"Middle School and High School Transitional Portfolios"	1800
February 10, 2014	"Time Management" (Teens Welcome)	1800
March 10, 2014	"Internet Safety"	1800
April 14, 2014	"Bullying"	1800
May 12, 2014	"Middle School and High School Transition"	1800

• All classes are FREE and open to parents of 6<sup>th</sup>-12<sup>th</sup> graders.



- Location: Building 1010
- Information: 580-442-6745





THE PATRIOT SPOUSES CLUB OF FORT SILL

# WANTS YOU!



TRAIN LIKE A SOLDIER...

ROPE CLIMB  
LOW CRAWL  
LOG VAULT  
...and more!

PRIZES FOR:  
BEST TEAM THEME  
TOP "DRILL SERGEANT"  
FASTEST TIME



## G.I. JANE

Luncheon Event

TUESDAY, OCTOBER 8TH

11:00 A.M.

COMBAT CONDITIONING  
COURSE, FORT SILL

Have fun completing the  
course with a team

OR

Enlist in the fun as a "Drill  
Sergeant", cheerleader,  
direct participants through  
the course, or a timekeeper!

Cost for this event is \$15  
per person. Onsite lunch  
catered by Qdoba is included.

visit **FORT SILL PSC.ORG**

to get more information & register

EACH OBSTACLE COURSE PARTICIPANT MUST SIGN A RELEASE OF HARM  
WAIVER PRIOR TO PARTICIPATION.





FREQUENTLY ASKED QUESTIONS

# G.I. JANE

Luncheon Event

TUESDAY, OCTOBER 8TH 11:00 A.M.

COMBAT CONDITIONING COURSE, FORT SILL

**How many participants to a team? //** Teams will have 4 members each.

**Do I need to assemble my own team? //** You can assemble your own team, or choose to be assigned to a team. Being assigned to a team is a great way to meet new people!

**What if I want to come but do not want to run the course? //** We have plenty of fun ways you can "enlist" in the fun without running the obstacles! You can sign up to act as a drill sergeant, a timekeeper, join our cheering section, and more! Just check what you'd like to do on your registration form!

**Do I need to be a PSC member to participate? //** No you don't! As with any luncheon, you may come as a guest of a PSC member one time, as long as you meet the membership requirements. Visit [FortSillPSC.org](http://FortSillPSC.org) for membership requirements.

**Can I participate if I am a male spouse? //** Of course! Don't let the name "G.I. Jane" fool you! This is a tough course and male spouses are always welcome at our events and as members of Patriot Spouses Club.

**Do I need to sign a release form? //** Yes. No matter how you choose to participate in G.I. Jane, if you'll be joining us at the obstacle course for this luncheon, you'll need to complete and sign the release form. You'll find a downloadable release form on our website, or you may fill yours out on October 2nd on enlistment day, where we will have printed forms for you.

**What if I want to pay cash or check for my luncheon seat? //** You will register online as with past luncheons. Bring your cash/check or have a friend bring it for you to our table at the main PX on Fort Sill October 2nd between 10:00 a.m. and 2:00 p.m.

**Can my husband /wife come? //** Your active duty spouse is welcome to come and join our cheering section during the G.I. Jane event!



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**US ARMY INSTALLATION MANAGEMENT COMMAND**  
**HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT SILL**  
**455 NW MCNAIR AVENUE, SUITE 201**  
**FORT SILL, OKLAHOMA 73503-9016**

**RELEASE AND HOLD HARMLESS AGREEMENT**

In consideration for being allowed to use facilities and property of Fort Sill for the:

Patriot Spouses Club G.I. Jane Luncheon Event

I hereby release and hold harmless Fort Sill, the United States Army, and the United States Government and any of its' employees from any liabilities and claims arising from my participation. I agree that I will never prosecute or in any way aid in the prosecuting of any demand, claim or suit against the United States Government, the Department of the Army, and any officer, agency, or any employee acting officially or otherwise, for any loss, damage or injury to my person or property that may occur from their negligence as a result of me taking part in the military exercise. I accept full responsibility for the cost of treatment for any injury. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my own negligence, gross negligence, willful misconduct or fraud. I also understand and agree that I may be held liable for any damage or loss to any third party that is caused by my own negligence, gross negligence, willful misconduct or fraud. I understand that any event of this nature involves a level of risk.

I understand that the entire event is run, staffed and supervised by \_\_\_\_\_  
 \_\_\_\_\_ 434 Brigade \_\_\_\_\_ personnel. Active Duty Soldiers of the United States Army will not participate in the event.

Name of participant: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_  
 (Print) (First) (MI) (Last)

Signature of  
 Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_





Fort Sill Child, Youth & School Services

# Babysitting Course

**Attention Fort Sill Youth  
ages 13 and older!**

CYSS & SKIES Unlimited are offering free Babysitting Courses throughout the 2013-2014 school year.

Attendees will learn basic childcare skills and get CPR/First Aid certified.

Participants must be at least 13 years old and registered with CYSS Parent Central Services.

There is no cost to attend, but class size is limited!

Current eligible members can register online at

<https://webtrac.mwr.army.mil/webtrac/sillcyms.html>

Or stop by CYSS Parent Central Services

4700 Mow-Way Rd

580-442-3927/3486



U.S. Army Child, Youth  
& School Services

**SKIES Unlimited**

Schools of Knowledge, Inspiration, Exploration & Skills



## 2013-2014 COURSE SCHEDULE

*\*Attendance at both sessions is required.*

\*October 17, 2013 Babysitting Course 9am - 1pm

\*October 18, 2013 First Aid/CPR Course 9am - 3pm

\*January 2, 2014 Babysitting Course 9am - 1pm

\*January 3, 2014 First Aid/CPR Course 9am - 3pm

\*March 19, 2014 Babysitting Course 9am - 1pm

\*March 20, 2014 First Aid/CPR Course 9am - 3pm

\*June 11, 2014 Babysitting Course 9am - 1pm

\*June 12, 2014 First Aid/CPR Course 9am - 3pm

\*July 30, 2014 Babysitting Course 9am - 1pm

\*July 31, 2014 First Aid/CPR Course 9am - 3pm

## FIRST AID/CPR RENEWAL COURSES ONLY

December 4, 2013 1pm - 5 pm (CPR)

February 5, 2014 1pm - 3.30pm (First Aid)

All sessions will be held at the Fort Sill Youth Center.  
1010 Fort Sill Blvd

## 70. Fort Sill's Army 10-Miler Shadow Run

Can't make it to Washington, D.C. for the Army 10 Miler? No problem! Fort Sill is hosting the inaugural Fort Sill Army 10 Miler Shadow Run on Saturday, Sunday, October 20 at 8 am. The event will consist of a 10-mile route that starts and finishes at the New Post Chapel located at Fort Sill Blvd. and Randolph Rd.

Participants may register online at [www.sillmwr.com](http://www.sillmwr.com) or in person at the MWR Sports Office (Bldg. 4744 Mow-Way Road). Advanced registration is \$20/person which includes an event t-shirt. Advance registration closes at midnight on Thursday, October 17. Late registration and day-of registration will be \$30/person.

For more information, contact the MWR Sports Office at (580) 442-3269/5623.

**Fort Sill's**

**ARMY**

**TEN-MILER**

**Shadow Run**



**October 20 • 8 am**

**New Post Chapel**

Can't make it to Washington D.C. for the Army 10 Miler? No problem! Fort Sill is hosting the inaugural Fort Sill Army 10 Miler Shadow Run.

Register online at [www.sillmwr.com](http://www.sillmwr.com) for \$20/person.  
Day of registration will be \$30/person.



For more information contact the  
Sports Office at (580) 442-3269/5623.



# NUTS & BOLTS

## Business Basics



Topics include:

- Business Plan Preparation
- Business Insurance
- Licenses and Permits
- Trade Names and Trademarks
- Legal Structures

**Soldier Family Assistance Center  
Multi-Purpose Briefing Room**

**Thursday, October 24, 2013  
8:30 AM to 10:30 AM**

**To Register**

**Call: 580-558-4986**

**Email:**

**Amy.K.Sommerfeld.CTR@Mail.Mil**



## Fires Bulletin 2013 Photo Contest

The *Fires Bulletin's* annual photo contest obtains high-quality photos that tell the story of today's U.S. artillery professionals conducting training or engaged in full-spectrum operations. The competition is open to all military or DoD civilian personnel. Entries will not be returned. Any photos (even those not "winning" the contest) may be used by the Fires Center of Excellence; however, appropriate photographic credit will always be given to the photographer.

**Photo Categories** - There are two main categories in the 2013 contest, with each category containing two divisions.

### 1. Field Artillery

- Combat / Full Spectrum Operations
- Training for Combat / Full Spectrum Operations

### 2. Air Defense Artillery

- Combat / Full Spectrum Operations
- Training for Combat / Full Spectrum Operations

**Prize Winners:** 1st and 2nd place winners will be awarded for each division.

1. 1st Place Winners will have their photos featured on a full page in the Jan-Feb 2014 *Fires Bulletin* and in the 2014 Fires Center of Excellence calendar. They will also receive a two-star note and commander's coin from the Commander of the Fires Center of Excellence, along with appropriate branch (FA or ADA) memorabilia.

2. 2nd place winners will have their photos featured on a half page in the Jan-Feb 2014 *Fires Bulletin* and in the 2014 Fires Center of Excellence calendar. They will also receive a two-star note from the commanding general and appropriate branch (FA or ADA) memorabilia.

### Contest Rules:

1. Entries must be received no later than Nov. 1, 2013.
2. Only photos taken in the last 24 months are eligible for submission.
3. Each photo must be a jpg or tif image with little or no compression and a minimum dpi of 300.
4. Images cannot be manipulated in any way by image editing software.
5. Winning photos from past contests are not eligible for resubmission.
5. Photos cannot be copyright protected or owned by another agency or publication.
6. Soldiers appearing in the photos MUST BE IN PROPER UNIFORM to qualify for prize award.
7. The owner of the photograph must either submit the photo or provide written and signed approval for the photograph to be entered into the contest on his/her behalf.

**Judging:** Judging will be at the discretion of the *Fires Bulletin* and the center commanding general. Winners will be officially announced in the 2013 Red Book, dated Jan/Feb 2014.

### Photo submissions:

1. Each photo submission must include the photographer's name, unit/affiliation, e-mail address, mailing address, zip code, and a phone number.
2. Caption information must include the five "Ws": who, from what unit, is doing what, where and when (date photo was taken – for example: "SGT Joe B. Smith, C Battery, 2nd Battalion, 20th Field Artillery, 1st Cavalry Division, fires the M109A6 Paladin howitzer during unit qualification training at Fort Hood, Texas, January 5, 2013."

**Address for submissions:** Photos can be sent via e-mail or compact disk and will not be returned. E-mail the image file (one image per e-mail) to *Fires Bulletin* at [fires\\_bulletin@us.army.mil](mailto:fires_bulletin@us.army.mil), with a subject of "2013 Photo Contest/Entry Category – your last name." Mail CD's to *Fires Bulletin*, ATTN: Photo Contest, P.O. Box 33311, Fort Sill, OK 73503. You can also FedEx or UPS submissions to *Fires Bulletin*, ATTN: Photo Contest, 652 Hamilton Road, room 203, Fort Sill, OK 73503.

**NOTE:** Submissions (even those not selected for prizes) become part of the public domain.

Questions? Contact the *Fires Bulletin* staff at [fires\\_bulletin@us.army.mil](mailto:fires_bulletin@us.army.mil) or phone DSN 639-5121/6806 or commercial at 580-442-5121/6086.





## Basic Weapon Safety Class

0830- 1130, Conducted at Building 2774

Class dates: ~~22 FEB 2013~~  
~~03 MAY 2013~~  
~~09 AUG 2013~~  
 08 NOV 2013

- Covers basic safety procedures for handling and use
  - Loading/unloading
  - Proper clearing procedures
  - Disassembly/reassembly for cleaning
  - Rules/regulations for transportation and storage (Lawton, Fort Sill and Oklahoma)
- Requirements:
  - Available to all Active Duty/Reserve Military, DA/DoD civilians and dependants. Military personnel have priority for this class, civilians and dependants who would like to attend will be on a space available basis
  - You are encouraged to bring you own weapon
  - Absolutely no ammunition authorized
  - Your weapon must be registered on Fort Sill prior to class date (BLDG 4700 2<sup>nd</sup> floor)
- To register for the class you must contact the Fort Sill Safety Office at 442-2266/2265/2212
- Additional safety information is available at the USA Combat Readiness Center  
<https://safety.army.mil/rangeweaponssafety/PrivatelyOwnedWeapons/tabid/1466/Default.aspx>



# Are you a military kid?

You can help the Department of Defense and Danya International, Inc.  
by taking part in the MilitaryKidsConnect or MKC Study.

**What is the MKC**

We will ask you to look at and review the MKC website, a place made for military kids just like you!

**What is the purpose or goal of the MKC Study?**

We want to know what you think about the activities on the MKC Website!

**Who can take part in the**

You can participate if you:

- are 9-17 years old,
- have at least one parent or caregiver in the military or who was in the military within the last 2 years, and
- have a computer with internet access at home.

**What do I have to do in the**

Just explore any part of the MKC website for 1 week.  
Then, answer a 20-minute online survey about your opinions of the website.  
That's it!

As a thank you for your help in the MKC Study, you will receive a letter of thanks. If you want to help or learn more about the study, ask your parent/caregiver to email [MilitaryKidsWebSite@danya.com](mailto:MilitaryKidsWebSite@danya.com).

Military Kids Connect is looking for military teens ages 13-17 with a parent who is in the military anytime in the past two years to participate in a survey about a website for military kids. If you are interested, check out our flyer and click the survey below to see if you qualify.

[www.keysurvey.com/f/533810/4049](http://www.keysurvey.com/f/533810/4049)

## 75. 82nd American Indian Exposition

October 8 - 11, 2013

Grady County Fairgrounds Chickasha, Oklahoma

Mini-Expo August 9 - 10, 2013

Anadarko, Oklahoma

Can't wait to see you there!

Keep checking for updates!

`We are the Apache ~ Arapaho ~ Caddo ~ Cheyenne ~ Comanche ~ Delaware Fort Sill Apache ~

Kiowa ~ Osage ~ Pawnee ~ Ponca ~ Wichita

Contact Yonie Terry at [yoniet@hotmail.com](mailto:yoniet@hotmail.com).

<http://americanindianexposition.org>



## 76. Children's Art Workshop

Date: The first Saturday of each month beginning September 7, 2013

Time: 12:00 pm - 2:00 pm.

Location: 1701 Ferris Ave, Lawton

The Art Council is hosting a series of workshops for children on the first Saturday of each month. These workshops are intended to promote and encourage the love of art in children ages 3 & up & are free to the public.

The workshop schedule is as follows:

**October 5, 2013** - Pumpkin Palooza

**November 2, 2013** - Fall Into Art

**December 7, 2013** - Winter Wonderland

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## 77. FORT SILL SHERIDAN THEATER

**Ph: (580) 353-5623**

Tickets: **Adult** (\$5.00) - **Child** (\$2.75)

3D Tickets: **Adult** (\$7.00) - **Child** (\$4.75)

Thursday night \$1 movie.

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THU SEP 27	1900 <b>Fast And Furious 6</b> (PG-13)
FRI SEP 28	1900 <b>Elysium</b> (R)
SAT SEP 29	1400 <b>The Wolverine</b> (PG-13)
	1900 <b>Kick-A** 2</b> (R)
SUN SEP 30	1400 <b>Percy Jackson: Sea of Monsters</b> (PG)
THU OCT 3	1900 <b>Safe Haven</b> (PG-13)
FRI OCT 4	1900 <b>Paranoia</b> (R)
SAT OCT 5	1400 <b>R.I.P.D</b> (PG-13)
	1900 <b>Getaway</b> (PG-13)
SUN OCT 6	1400 <b>Kick-A** 2</b> (R)

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### **CATEGORY**

Adult Admission

Child Admission

Free-Admission

### **CATEGORY OF PATRON**

All patrons 12 years of age or older.

All patrons 6 through 11 years of age.

All patrons 5 years of age and under.

***NOTE: Patrons under six years of age, when accompanied by an authorized patron purchasing an adult admission, will be admitted free, except:***

(1) At special matinees for children.

(2) When local exchange management anticipates the performance will be a sell-out, with all seats needed for paying patrons.

**Infant patrons (children 24 month and younger) who don't occupy a seat will qualify for free-admission at all performances.**

## **78. Medicine Park Flute Festival & Art Walk**

Date: September 28 - 29, 2013

Contact: Jean Schucker

Email: [ambassadors@mpmns.org](mailto:ambassadors@mpmns.org)

Artists are invited to submit a photo of their work for the 4th annual Medicine Park Art Walk in conjunction with the Medicine Park Flute Festival set for Sept. 28 and 29 in Town Center. Entry fee for the two-day juried show is \$35, with no percentage fee for sales. Booth space is limited, and resale items are not allowed. Judges' prizes totaling \$500, sponsor purchase awards and a children's art area are new this year. The show is open to the public Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. Artists' work will be displayed on the covered porches of the scenic Old Plantation restaurant on the surrounding paved areas and along the scenic Medicine Creek trail. Spaces will be assigned as entries are accepted.

Artists may set up booths on Friday, Sept. 27, after 4 p.m., or Saturday morning beginning at 7a.m. Participants must supply their booth or tent. Interested artists must submit a high-resolution photo of a sample of your work and request an entry form by going to [ambassadors@mpmns.org](mailto:ambassadors@mpmns.org) Deadline for entry is Aug. 15. Space will be assigned on a first come, first served basis. Check out our Facebook Page: Medicine Park Art Walk.

For information on Medicine Park, including lodging, go to [www.medicinepark.com](http://www.medicinepark.com)

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## **79. 35th Annual Free Quilt Show**

Date: October 4 - 5, 2013

Location: Stephens County Historical Museum, Beech & Hwy 81, inside Fuqua Park, Duncan, OK 73533

Contact: Sharon Pulis

Phone: 580-606-0525

### **35<sup>th</sup> Annual Free Quilt Show**

"Parade of Roses" will be the theme of the 35<sup>th</sup> annual free quilt show sponsored by the Stephens County Historical Museum and OHCE (Oklahoma Home and Community Education) clubs of Stephens County.

There will be over 100 quilts and quilted items on display at the Stephens County Historical Museum at the intersection of Beech and Highway 81, inside Fuqua Park, Duncan, OK.

There will be a quilt competition for quilts made with roses in them. The roses may be appliquéd, embroidered, or just roses in the fabric or design. All quilts, new to antique, are welcome and encouraged. There is no entry fee.

Enter quilts-Wednesday, October 2, 1-5p.m. Quilt viewing- Friday, October 4, 1-5 p.m. and Saturday, October 5, 9 a.m.-4 p.m., Quilts Released-Saturday, October 5, after 4 p.m.

There will be a raffle for a quilt made and donated by OHCE. 100% of donations go to support the Stephens County Historical Museum. Tickets for Quilt raffle will be available through OHCE members. The quilt drawing will be at 3:30 p.m. on Saturday, October 5, 2013.

For information or quilt entry forms contact OHCE Cultural Enrichment Chairman Sharon Pulis at 580-606-0525 or Museum Director PeeWee Cary at 580-252-0717.



## 80. Fort Sill Commissary Information

### Highlights

**Fort Sill Commissary is your Halloween Headquarters! Items are arriving daily to help keep the ghost and goblins from your front door. Shop early for the best selection.**

### CHRISTMAS ADVENT CALENDARS AND LEBKUCHEN TINS HAVE ARRIVED!

**It is never too early to begin preparing for your Holiday meals. Your commissary is well stocked with all of your holiday baking and cooking needs at low prices. Don't stress....shop early!**

### EARLY BIRD SHOPPING

Early Bird hours are Monday thru Friday 0700-0930 and Saturday 0700-0800. Early Bird shopping is for 15 items or fewer and through the Self Check-Out Registers only. Registers 1 thru 14 will be available beginning at 0930 Mon - Fri and 0800 on Sat.

### DISPLAYS/PROMOTIONS

12 - 25 Sep.....US Air Force Birthday

26 Sep - 9 Oct.....DeCA's 21st Anniversary/Okttoberfest Celebration

10 - 23 Oct.....Spooky Dollar Days/US Navy Birthday

24 Oct - 13 Nov.....Red Ribbon Week/US Marine Corps Birthday

14 Nov - 4 Dec.....Thanksgiving Day Features

5 - 18 Dec.....Welcome Home Savings/National Guard Birthday

19 Dec - 8 Jan.....Joy to the World Sale

### PHONE NUMBERS

You may contact a specific department by calling: 580-442-4515 and the department extension listed below:

Store Director.....3122

Deputy Director.....3114

Store Manager.....3104

Grocery Manager.....3115

Asst. Groc. Manager.....3132

Customer Service.....3103/3102

Meat Manager.....3112

Produce Manager.....3117

Deli/Bakery/Sushi.....3110/3109

Secretary.....3123

### HOLIDAY SHOPPING HOURS

Your Fort Sill Commissary Holiday Hours are as follows:

Monday, 14 Oct - Columbus Day - 0930-1730

Monday, 11 Nov - Veteran's Day - 0930-1730

Thursday, 28 Nov - Thanksgiving Day - CLOSED

Wednesday, 25 Dec - Christmas - CLOSED

Wednesday, 1 Jan 2014 - New Year's Day - CLOSED

Regular business hours will resume on the day following the holiday.

## 81. 5th Annual Poochez Palooza

Date: Saturday, October 26, 2013

Time: 12:00 pm - 4:00 pm

Location: Museum of the Great Plains, 601 NW Ferris Ave, Lawton, OK 73507

Contact: Rose Wilson or Mary Owensby

Phone: Rose 581-3443 or Mary 581-3460

LAWTON – Calling all dogs and their owners!

The Museum of the Great Plains will be hosting the 5th Annual Poochez Palooza on Saturday, October 26, 2013, from Noon to 4 p.m. This friendly-dog festival will give dog owners and their companion 'poochez' a chance to socialize and check out products offered from area businesses and vendors. Attendees will be able to participate in contests such as a Bow-Wow Fashion Show, which is a dog-Diva competition for the females and the Mack-Daddy competition for the males, Pooch and Owner Look-a-like contest, Best Trick, Best dog joke, and others to be announced. Prizes will be awarded for the winners of each event as well as a Trophy for best decorated vendor booth. A variety of food vendors will be on hand selling food and drinks, so plan on having lunch with us while enjoying the festivities. Visitors are welcome to bring their lawn chairs or blankets to sit back and enjoy the show.

Admission and all events are free and open to the public. The museum is located in beautiful Elmer Thomas Park so bring the whole family and your dog(s) for a fun-filled day of wholesome activities.

If you are interested in participating as a vendor please contact Rose Wilson at the Animal Welfare Division 580-581-3443 or Mary Owensby at 580-581-3460.

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## 82. Army Substance Abuse Program (ASAP) Workforce Pride Newsletters

<http://issuu.com/wellbeingasap/docs> or <http://tinyurl.com/c9urzhe>

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## 83. Military OneSource eNewsletter (September)

[www.militaryonesource.mil/MOS/f?p=MOSNEWS:COVER:0::::MONTH,YEAR:September,2013](http://www.militaryonesource.mil/MOS/f?p=MOSNEWS:COVER:0::::MONTH,YEAR:September,2013)

or <http://tinyurl.com/lj5kngw>

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## 84. Unit Facebook Pages

428th FA BDE Facebook: [www.facebook.com/428thFABrigade](http://www.facebook.com/428thFABrigade)

434th FA BDE Facebook: [www.facebook.com/434fabde](http://www.facebook.com/434fabde)

HQ Detachment FCoE Facebook: [www.facebook.com/HQDetachmentFCoE](http://www.facebook.com/HQDetachmentFCoE)

NCO Academy Facebook: [www.facebook.com/pages/FT-SILL-NCO-ACADEMY/249955969453](http://www.facebook.com/pages/FT-SILL-NCO-ACADEMY/249955969453)

Initial Military Training Family Readiness: [www.facebook.com/pages/IMT-Family-Readiness/535321423180853](http://www.facebook.com/pages/IMT-Family-Readiness/535321423180853)